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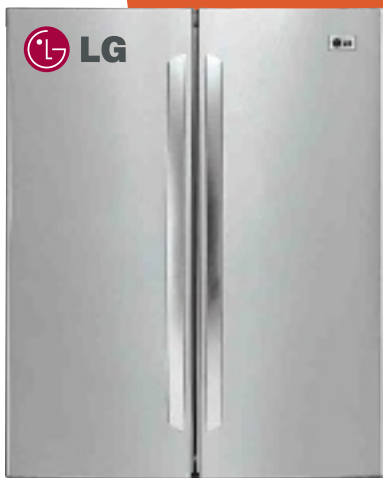
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**KELLY ROWLAND'S
EVOLVING STYLE
WHAT LOOKS BEST IS
NOT ALWAYS 'IN' {page 19}**



**AN EDUCATION
SCHOOL GETS IN THE
WAY OF FRANCO'S
LOVE LIFE {page 18}**



OTTAWA

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Thursday, July 21, 2011
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News worth sharing.

Country. Contest



► Lynae Dufresne of the band Pear performs as the opening act at the Capital Hoedown Showdown Finale last night at the Lone Star East. Photo gallery at metronews.ca/ottawa.

MARC DESROSIERS/FOR METRO

Hoedown showdown

Danielle Bourjeaurd, Pear and WYATT Music, having already beat out 98 other acts, faced off for a chance to play the main stage at the Capital Hoedown Country Music Festival at LeBreton Flats.

Tree-clearing mishap kills boy

► Family on remote La Pêche property an hour north of Gatineau had no phone to call for help ► Some roads blocked by trees felled by storm



SEAN
MCKIBBIN
@METRONEWS.CA

It's just the sort of thing you might expect a little boy to look at or be curious about: a tree blown over in Sunday's storm, its roots exposed.

It killed him.

You'd never expect the tree stump to spring back into the ground suddenly trapping the boy.

But around 6:45 p.m. Tuesday, as the boy's parents cut away the rest of the tree from the trunk, that's exactly what happened, said MRC des Collines police spokesman Const. Martin Fournel.

"Part of the tree was still in the ground. The weight of the rest of the tree was bending the stump out of the ground. When they cut the tree, the stump went back to the way it was," said Fournel, the emotion palpable in his voice as he explained it.

"He was probably looking at the roots, or playing, or maybe just walking by there when it happened. We're not sure. We haven't been able to talk to the parents," said Fournel.

What police know comes from friends and neighbours of the family. The frantic parents who had been clearing their property could hear their son trapped and crying. They had no shovels and started digging with their hands.

They had to run to a neighbour's house for a phone, and a neighbour came with his pickup and a chain and pulled the stump off. Two neighbours were volunteer firefighters and performed CPR on the boy until paramedics arrived.

The boy was revived at the Wakefield Memorial Hospital and then sped to the Children's Hospital of Eastern Ontario in an ambulance.

"I don't want to tell you how fast they were going," said Fournel, who confirmed the ambulance hit a deer on the way, but was able to keep going because the damage was slight.

JESSICA SMITH/METRO



► Signs mark the entrance to the rural road in Quebec where a seven-year-old boy was killed.

ambulance.

Around 10:30 p.m. the boy was pronounced dead. An autopsy will be conducted in Ontario.

Staff at the Wakefield hospital are upset, Fournel said. "Right now it's clearly impossible to talk to the parents," said Fournel.

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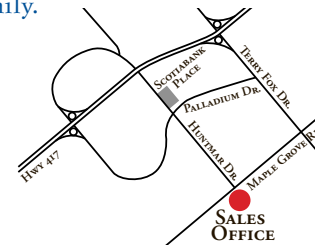
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BARRHAVEN

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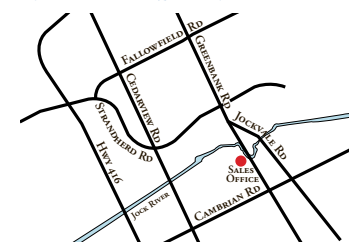


Mattamy on Half Moon Bay in Barrhaven has a reputation as a great family place. It offers wonderful natural features, lots of parks and playgrounds and wonderful walking/hiking/biking trails. There's a neighbourhood shopping district and lots of recreational activities.

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All illustrations are artist's concept. All dimensions are approximate. Prices, specifications, terms and conditions subject to change without notice. E.&O.E.



No charges after tot left in car

Ottawa police say they will not be laying charges after they had to rescue a baby from a hot car when the child's parents unknowingly left the tot behind on Saturday.

"The incident happened as a result of a miscommunication between the parents when they left their children with a caregiver," says a statement issued yesterday by police. "Three children were placed in her care, however, unknowingly. The infant remained in the van in a rear-facing child seat. His presence was undetected by the parents, and they left the vehicle and went into a store."

The Crown's office was consulted and police say the Children's Aid Society is satisfied there are no grounds to remove the infant from his parents. CAS will be monitoring the family in coming weeks.

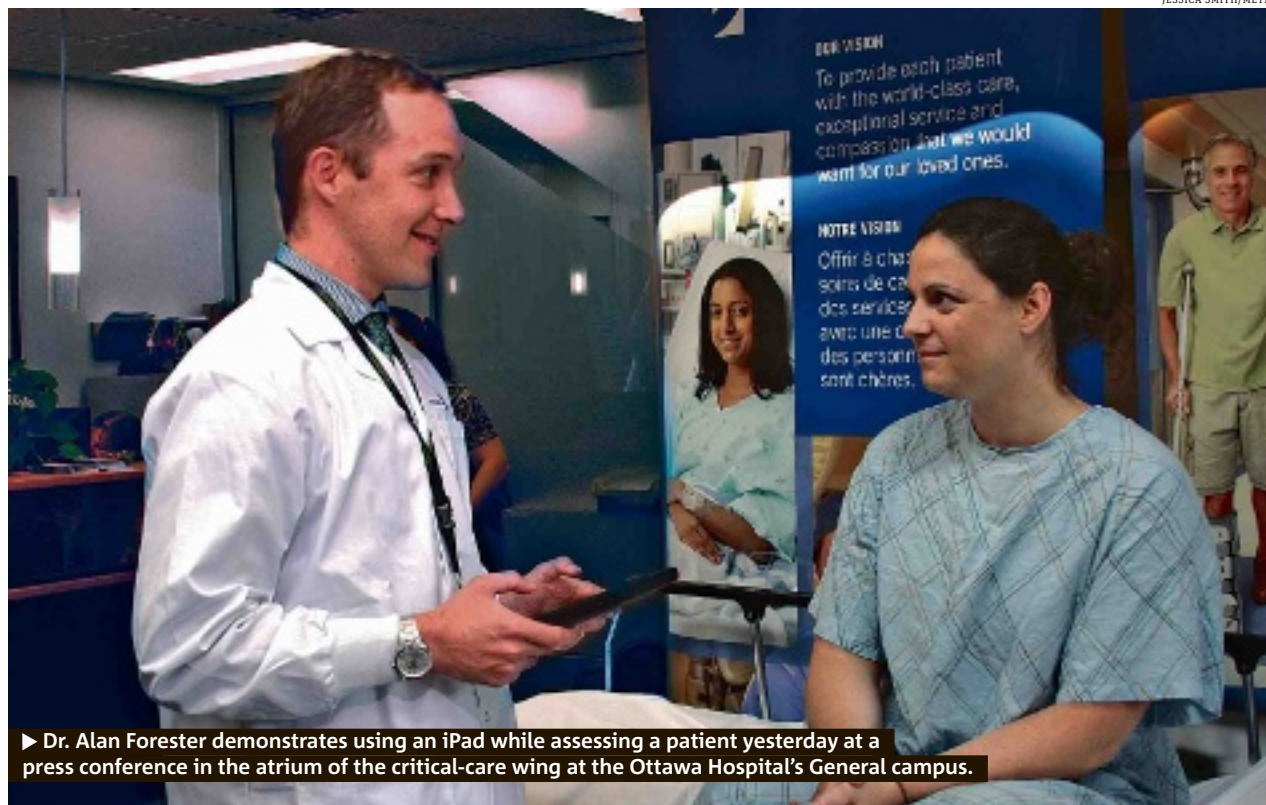
● METRO

Two homes catch fire

Two homes on Creekwood Crescent went up in flames shortly after 2:30 a.m. yesterday.

Firefighters rescued two people and two dogs from one house, but it took them hours to determine that there was no one in the upper floors of the neighbouring home, which was completely burnt out.

Officials with Ottawa Fire Services estimated the damage caused by the fire at \$1.3 million. ● METRO



► Dr. Alan Forester demonstrates using an iPad while assessing a patient yesterday at a press conference in the atrium of the critical-care wing at the Ottawa Hospital's General campus.

New tech aims to nip health issues in bud

- 'ETrigger' helps doctors predict potential complications in patients
- Province also giving \$3.1M to Ottawa Hospital for research on biological drugs that stimulate repair of heart, pancreas and muscle tissue



JESSICA SMITH
@METRONEWS.CA

Soon, when a doctor gets a message on his iPad, it could save his patient's life.

A researcher at the Ottawa Hospital is working on a medical "eTrigger" project that will use electronic health records to automatically send a warning to doctors about any risks to their

Stage by stage

Timeline of research into the eTrigger project:

- Last 10 years: Preparatory research done.

patients before a problem occurs.

The provincial government announced yesterday it is contributing \$1.7 mil-

- Now: Some testing of eTriggers going on in hospitals.
- This fall: Some eTriggers to be rolled out.
- In five years: Project complete.

lion to the project.

"We're using that money to develop electronic algorithms to detect situations where patients may be do-

ing poorly because of medical errors or complications with their therapy," said Dr. Alan Forester, the leader of the research team.

The goal is to reduce the frequency of "adverse events," which some experts say afflict as many as one in eight patients in hospitals, said Forester. They can include surgical complications, medication errors and disease outbreaks.

1

news


Crash in value brings new scrutiny to Bitcoin's attempt at alternative online currency. Scan code for story.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

On the web at
metronews.ca



Street artist uses recyclables to turn Montreal mall into a beautiful nature scene. Video at metronews.ca

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News in brief

Fire sends man to hospital

LExINGTON ST. One person was taken to hospital to be treated for smoke inhalation after a fire broke out at his home on Lexington Street at about 3 a.m. yesterday. He was woken by a smoke alarm and managed to get out of the home, fire officials said. The fire caused about \$225,000 worth of damage.

● JESSICA SMITH

Gatineau water bylaw in effect

\$200 FINE. During the heat wave, the City of Gatineau is reminding residents to obey the drinking-water bylaw, in place until Sept. 30, or face a \$200 fine. The bylaw restricts using water

outdoors to certain days in certain areas. For details, check out gatineau.ca or call 311. ●

JESSICA SMITH

Cyclist injured in car crash

BRONSON AVE. A female cyclist in her early 20s was hit by a car at Bronson Avenue near Brewer Way at about 2 p.m. yesterday. Paramedics treated a laceration to her head and multiple scrapes and bruises. Ottawa police are investigating. ● JESSICA SMITH

Ottawa takes in wildfire evacuees

KINGFISHER. Ottawa is accepting evacuees from Kingfisher Lake First Nation, a fly-in community that is in danger by wildfires burning in Northwestern Ontario.

● JESSICA SMITH

Hot means drink lots

► Extreme heat is hardest on the elderly and those with chronic health problems, city says



SEAN MCKIBBIN
@METRONEWS.CA

Ottawa's medical officer of health, Dr. Isra Levy, issued a heat warning for yesterday and today — a measure taken when Environment Canada forecasts a humidex of 40 or more for at least two consecutive days.

Environment Canada forecast yesterday the temperature will climb to 35 C today and humidity will be at 40 per cent with showers and a risk of a thunderstorm. Tomorrow the temperature high will only fall to 31 C.

Extreme heat can cause dehydration, heat exhaustion, heat stroke and even death. As a result member organizations of the city's extreme weather committee are swinging into ac-



► Pamela Dagher, left, and Cynthia Meghaizel try to stay cool in the Rideau River during last year's heat alert in May.

tion, checking on the elderly and people in apartment buildings and assisted living complexes, helping the homeless find shelter and warning city workers to keep hydrated.

"Heat is hardest on the elderly and chronically ill. If they have no protection from the heat, such as access to air conditioning and plenty of fluids, they can develop serious health effects and even die," said Levy in a statement.

Infants, young children and the homeless are also at greater risk from extreme heat, along with people taking medications like anti-Parkinsons and antidepressants.

Ottawa Public Health is encouraging people to check on or visit family, friends and neighbours who may be isolated or vulnerable to the heat and need help accessing places to cool down.

"Our really big message

Reader tweets



Heat-related advice from Twitter:

- @kompilesoft: Go swimming!
- @JAWoltemade: Soak underthings/hats/etc then stick them in the freezer for morning! Brrr!
- @JAWoltemade: Volunteer @OttawaMission kitchen-dip into frosty walk-in fridge :)
- @ARCThe.Hotel: An ice cold @beausallnatural Lug Tread or a chilled ARCTini @ArcTheHotel. Oh and @arcchef can whip up an awesome lunch as well!
- @lifeottawa: hide in the office as long as possible

is to keep hydrated and check on people you think may not have access to air conditioning," said Martha Robinson of the extreme weather committee.

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Patience and advice help Mexican entrepreneur reap rich harvest

Coming from a historic Mexican coffee region, entrepreneur Miguel Ángel Abascal appreciates that success – like a harvest of Arabica beans – takes patience and care. He applied that same philosophy when he moved to Canada, with the support of his trusted Advisor at Scotiabank.

“You need at least four years for a coffee plant to yield the first beans, so it takes time to produce a good harvest,” explains Miguel, who was chief executive officer of Gran Café de la Parroquia, a famed coffee company with roots going back to the cafés of colonial Veracruz in 1808. “This also applies for Canadian immigrants, since you must take your time and make good decisions to get quality results.”

Miguel first saw the link between Canada and coffee culture two years ago when he decided to apply as a permanent resident and introduce the Gran Café de la Parroquia brand to the Canadian market. His firm already exported gourmet organic coffees to Europe, so Canada made sense since Canadians are among the world’s largest coffee consumers.

“I saw that Canadians are open to the coffee experience, and since this country offers so much diversity and respect, there are many opportunities for my business and personal ambitions,” raves Miguel who began importing Mexico’s mild, exotic coffees for Canadian merchants in early 2011.

Determined to do his research before coming to Canada, a happy coincidence made the task easier: Miguel’s former account executive at Scotiabank Inverlat in Mexico, Elsy Balboa, had been transferred to Toronto in 2007. Always happy with the service that Elsy and Scotiabank had provided in his native country, Miguel renewed contact to begin planning his move.

“It can be a shock changing countries and starting from scratch, so Elsy explained everything, from safe and easy ways to transfer my money to credit card rates,” recalls Miguel.

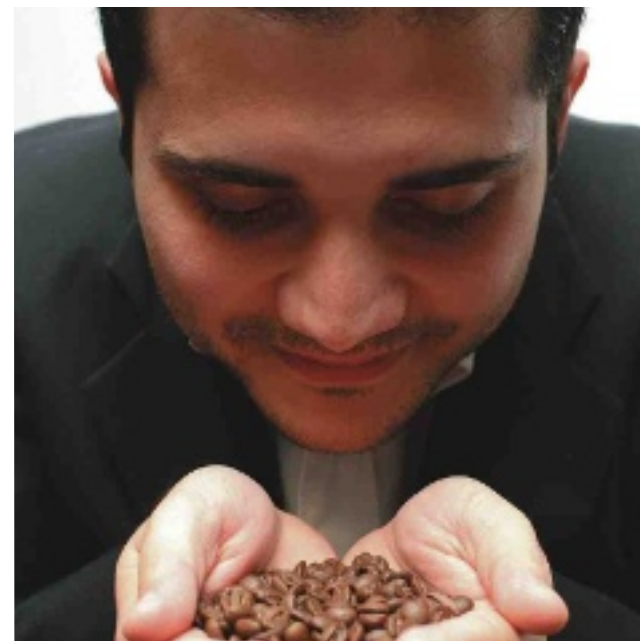
“It’s important for a customer to feel comfortable with their Advisor and get answers to every question,” says Elsy, a Financial Advisor at the 1391 Lawrence West & Keele Branch in North York. To help Miguel manage his expenses and obtain a credit card for routine needs, she recommended the **Scotiabank StartRight**® Program¹ for Newcomers, which includes a free

day-to-day bank account for one year², a wide range of VISA[®] card options³ and a number of other customized services and benefits. “It was easy to open a Canadian account and arrange a wire transfer of funds.”

“With my financial side secure, Elsy also answered questions like a friend, discussing everything from apartment prices to health insurance,” says Miguel, who is amazed how the Canadian bank offers this level of advice to all newcomers.

“Everything is like a process, as you build networks and relationships,” says Miguel, reflecting on his first year in Canada. “But, if you find a trusted coach who gives honest advice, it’s much easier to do things right and have a good harvest.”

THIS ADVERTORIAL IS PREPARED BY SCOTIABANK.



With Scotiabank's help, Miguel Ángel Abascal is introducing Canadians to gourmet coffee from Mexico.



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¹The **Scotiabank StartRight** Program, created for Canadian Landed Immigrants from 0-3 years in Canada, International Students and Foreign Workers.
²The Contest commences at 12:01 a.m. (ET) on April 1, 2011 and ends at 11:59 p.m. (ET) on March 31, 2012 (the "Contest Period"). No purchase is necessary. To enter this Contest, entrants must register online at startright.scotiabank.com/srcontest. There will be one (1) Grand Prize awarded consisting of a ten thousand dollar (CAD 10,000) cheque payable to the winner and deposited into the winner's **Scotiabank Powerchequing** account. The Grand Prize winner will be randomly selected on April 2, 2012. There will be three (3) Secondary Prizes awarded, each consisting of a three thousand dollar (CAD 3,000) cheque payable to each winner and deposited into each winner's **Scotiabank Powerchequing** account. One (1) Secondary Prize winner will be randomly selected on each of the following dates – August 2, 2011; December 1, 2011; April 2, 2012. Entrants in each draw period that have not been selected as a winner will be entered into the subsequent draw. Chances of winning depend on the total number of eligible entries at each draw date. This Contest is open to residents of Canada that have reached the age of majority in their province or territory of residence by the start of the Contest Period. Employees of The Bank of Nova Scotia, Carlson Marketing, Capital C, Rapp (and persons domiciled with them and immediate relatives) are not eligible to enter. Only one entry per person is permitted. Correctly answering a skill-testing question is required to be officially declared a winner. For full Contest details, go to startright.scotiabank.com/srcontest.

Crisis in Somalia worsening

► Worst food security crisis in 20 years: UN ► In some areas, six people are dying every day

Tens of thousands of Somalis are feared dead in the world's worst famine in a generation, the United Nations said yesterday, and the U.S. said it will allow \$28 million in emergency funds to be spent in areas controlled by al-Qaida-linked militants as long as the fighters do not interfere with aid distributions.

Exhausted, rail-thin women are stumbling into refugee camps in Kenya and Ethiopia with dead babies and bleeding feet, having left weaker family members behind.

The crisis is the worst since 1991-92, when hundreds of thousands of Somalis starved to death, said Mark Bowden, the UN's official in charge of humanitarian aid in Somalia. That famine prompted intervention by an international peacekeeping force, but it eventually pulled out after two American Black Hawk helicopters were shot down in 1993.

Since then, Western nations have mainly sought to contain the threat of terrorism from Somalia — an anarchic nation where the

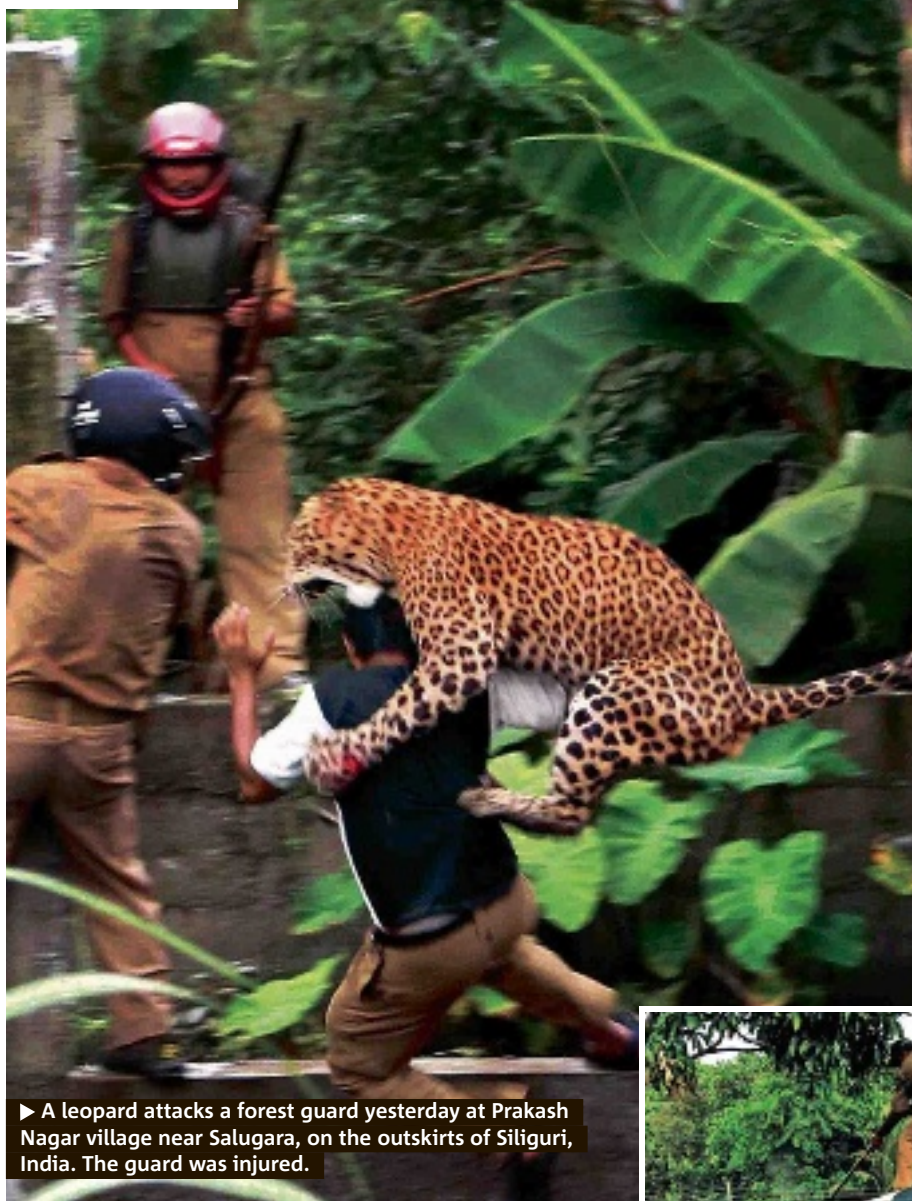
Dangerous land

- Somalia is the most dangerous country in the world to work in, according to the UN's World Food Program, which has lost 14 relief workers in the past few years.
- Kidnappings, killings and attacks on aid convoys occur frequently.
- Two years ago WFP pulled out of Islamist-controlled southern Somalia after the rebels demanded cash payments.

weak government battles Islamic militants on land and pirates hijack ships for millions of dollars at sea.

Oxfam said \$1 billion US is needed for famine relief. Yesterday, the U.S. announced an additional \$28 million in emergency funding on top of the \$431 million in assistance already given this year. As long as the Islamists don't interfere with aid distributions, those funds aren't restricted under rules designed to keep food and money from being stolen by the insurgents. **THE ASSOCIATED PRESS**

Wild. Beast



► A leopard attacks a forest guard yesterday at Prakash Nagar village near Salugara, on the outskirts of Siliguri, India. The guard was injured.

THE ASSOCIATED PRESS

Leopard battles village

A leopard that mauled 11 people in a fierce showdown with Indian villagers died of knife wounds after being captured yesterday. Villagers used knives, stones and batons to beat back the snarling, leaping cat. The people are recovering from their injuries, mostly swipes from the cat's claws. Leopards are protected in India though more are straying into villages for food.



Fugitive in Canada ordered released

His deportation may be only days away and an immigration board official agrees Lai Changxing is a flight risk who likely consorted with criminals, but the Chinese fugitive has been ordered released in Vancouver.

Still, Lai's freedom may be short-lived as the Federal Court of Canada hears an application to stay his deportation order today. If Lai's request for a stay is turned down, he could be on a plane back to China as early as next week.

Lai is wanted in China on allegations he was the kingpin in a massive smuggling operation that siphoned millions from the coffers of the government.

THE CANADIAN PRESS

Earthquake rocks Central Asia

A powerful earthquake killed at least 14 people in a heavily populated valley in Central Asia yesterday, emergency officials said.

Almost all the casualties were in Uzbekistan, where officials confirmed 13 deaths.

The magnitude-6.1 temblor centred in Kyrgyzstan hit shortly after midnight in a mountainous area. So far, no deaths have been reported in Kyrgyzstan itself. **THE ASSOCIATED PRESS**

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News in brief



New Canucks to be stripped of citizenship

FAKERS. The federal government intends to revoke the citizenship of at least 1,800 people who used fraudulent means to become Canadians.

Immigration Minister Jason Kenney, above, says most of the targeted individuals were counselled by unscrupulous immigration consultants.

THE CANADIAN PRESS

Feds paid up — but too late

CASH CRUNCH. Dozens of

tourism projects across the country were delayed and got stuck with hefty bills because a key federal program was slow getting cash to them.

The Marquee Tourism Events Program, a \$100-million fund set up in 2009 as part of the Harper government's recession-fighting strategy, doled out money too late for about half the projects it funded.

THE CANADIAN PRESS

Declare your guns, please

HIDDEN CARGO. Canadian border guards are telling Americans: Declare your guns before entering Canada.

In the last week, border guards seized 10 loaded handguns, a shotgun and ammunition at B.C. border points.

Seven Americans were either charged or sent home.

THE CANADIAN PRESS

Juno Beach power struggle

► The enemy now: wind turbines ► Veterans say they will destroy sanctity of site where 359 Canadians died

Veterans are fighting a new battle of Juno Beach.

The vets are angry over a French plan to install towering wind turbines off the coast and within sight of the beach where thousands of Canadians fought a bloody battle in the Second World War.

"I think it's a disgusting affair," said Jack Martin, who was among the Canadians who stormed Juno Beach during the D-Day landings of 1944.

"I saw so many of my buddies and friends die on Juno Beach that I figure it is very hallowed ground."

Martin, 87, said the turbines might take away from the sombre historical significance of the site.

Retired major Roy Eddy, 86, says it's important to keep the memory of Juno Beach alive. "I'd like

► A piper plays a lament overlooking Juno Beach, where the Allied invasion of Nazi-occupied Europe was launched.

ADRIAN WYLD/THE CANADIAN PRESS



to forget about it, but I don't want to," said the veteran, who was 20 when he lost many friends there.

"None of us slept for about 72 hours, the noise and the sound was just earth shattering."

THE CANADIAN PRESS

Winds of change

► The French government says it is receiving tenders for more than 1,000 wind turbines off the country's northwestern coast, including at Courseulles-sur-mer, where Juno Beach is located.

► The entire project is eventually predicted to power more than 4.5 million homes.

► Veterans Affairs Canada says it "understands and shares" the concerns of those who fought for freedom.

► "We wouldn't see it appropriate to develop on the actual site where the battle of Juno occurred," said a spokesperson for Veterans Affairs Minister Steven Blaney.

► The Juno Beach Centre at the site itself has decided to accept the French government's proposal.

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Afghanistan. Don't call it ice time



► Canadian soldiers watch their colleagues play a hockey game at Kandahar airfield in Afghanistan yesterday.

RAFIQ MAQBOOL/THE ASSOCIATED PRESS

Still fighting — for the puck

Canadian combat operations in Afghanistan have ended — perhaps leaving a bit more time for hockey. Now up to 950 soldiers and support staff will train Afghan soldiers and police in parts of the north and west and in Kabul.

112

Yesterday morning, officials pegged the number of active fires at 112. Roughly 2,000 firefighters, including 500 from other provinces, and 104 aircraft were currently battling the blazes.

1,800 more flee fires

Raging forest fires in northwestern Ontario forced another 1,800 First Nations residents out of their homes yesterday, bringing the total number of evacuees to about 3,300.

Many of the evacuees are being flown through Thunder Bay before

they're put up in evacuation centres and hotels in northwestern Ontario communities such as Greenstone, Dryden and Sioux Lookout.

Some of the evacuees are being housed in areas as far south as Ottawa.

THE CANADIAN PRESS

Damn that dome, the heat won't go

- It's like an unwanted house guest, says forecaster
- Expect 35 C in Ottawa today, with a high UV index

JEFF ROBERSON/THE ASSOCIATED PRESS

Hating the heat? Feel like you're being roasted in an oven?

Blame the heat dome.

A blanket of stifling heat, oppressively still and sticky with humidity, has settled over Ottawa and large swaths of the country — and it's here for the long haul.

The heat dome is pushing the jet stream well to the north, keeping cooler or wetter weather out, said Environment Canada senior climatologist Dave Phillips.

"It's like a heat pump and it just sluggishly sits there and, like an unwanted house guest, it just won't move," he said.

The dome is hovering over much of the United States as well.

It spread up to western Canada over the weekend, sending sizzling temperatures to the Prairies.

Winnipeg was sweltering under a high of 34.4 C on Tuesday and Regina baked at 31.9 C.

As the dome settles a bit further east, Environment Canada is predicting the mercury will hit 35 C today in Ottawa and 37 C in Toronto.

In Ottawa today, it will be mainly cloudy with a 40 per cent chance of showers early in the



► The heat dome is making the U.S. swelter, too. Lucy Wilson squeals as she cools off in a fountain in St. Louis yesterday.

morning and risk of a thunderstorm, Environment Canada said.

It will clear in the morning. Wind will become southwest 20 km/h in the afternoon. The UV index will be 10 or very high.

Just be glad it's not 1937 — that's when the hottest temperature ever was recorded in Canada, with a high of 45 C in Misdale and Yellow Grass, Sask. ● METRO/WITH FILES FROM THE CANADIAN PRESS

Sweat shop?

- Annabelle Villa-Real manages a bagel shop in Toronto, and credits coming from the Philippines for being able to work among three ovens and no air conditioning.
- Villa-Real and her staff take plenty of breaks, drink cold water and snack on Popsicles, have ice at the ready, as well as towels and extra shirts.

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► Officials examine a boa constrictor in Honolulu.

Hawaii fears snakes will take bite out of habitat

► Sightings of reptiles have been steadily rising: State spokesperson

Hawaii has been largely successful in preventing snakes from entering the island paradise over the years and avoiding the grave danger they present to tropical birds, colourful plants and the vibrant environment that draws millions of tourists to the state each year.

But the recent capture of escaped pet snakes — illegal in Hawaii — and the infestation of the U.S. island of Guam by brown tree snakes, which could easily make it to Hawaii via cargo ship, have alarmed wildlife and agriculture officials.

Without any natural predators, authorities say it wouldn't take much for snakes to take root and multiply, potentially killing off endangered birds and flowers that make the islands special.

Hawaii, home to more endangered species per square kilometre than anywhere else in the world, could potentially face the same fate as Guam, where brown tree snakes overran the island following the Second World War and wiped most birds from the skies.

Hawaii is so serious about keeping snakes out

"No pet snake is welcome because all it's going to take is the next earthquake, tsunami or hurricane to blow open all those enclosures and introduce to the islands all those pets that were being kept in a house."

FERN DUVALL, BIOLOGIST, DIVISION OF FORESTRY AND WILDLIFE

that the fine for possessing an illegal animal can reach \$200,000 and up to three years in prison. But snake owners are granted amnesty if they willingly turn their pets over.

Residents who unlawfully keep snakes as pets create a giant risk when the reptiles escape or are released into the wild. A 2.7-metre boa constrictor and 2.1-metre albino Burmese python were captured this month.

Environmentalists also fear that snakes could find their way to Hawaii by hitchhiking on cargo ships. **THE ASSOCIATED PRESS**

Transgender woman wins bid for breast implants

Deemed insensitive and sexist by some, a Calgary radio station contest offering a breast augmentation has been won by a transgender woman.

Musician Avery Mitchell, who was born male, will go under the knife after garnering 76 per cent of the online vote for 90.3 AMP Radio's "Breast Summer Ever" competition.

"In Canada, I am not given any health care for being transgendered and I have to pay out of my own pocket for these procedures," Mitchell said in a

release. "Having breasts would help complete me as a person."

AMP morning host Buzz Bishop said while the contest certainly had some detractors, it was a worthwhile endeavour.

"Radio stations, as a general rule, are always trying to give away that 'I really want it but can't afford it' prize," he said.

● JEREMY NOLAIS



► Avery Mitchell

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LM OTERO/THE ASSOCIATED PRESS

▶ Jim Dees, the B777 fleet captain at American Airlines, smiles after looking over the cockpit of the new Boeing 787 Dreamliner during a tour at Dallas-Fort Worth International airport yesterday.

U.S. airline to rejuvenate fleet

- ▶ Order includes Airbus A320 and Boeings 737 jets
- ▶ Pressure on airlines to upgrade craft: Analysts

American Airlines is buying at least 460 new planes over the next five years from Airbus and Boeing in a record order that breaks Boeing's exclusive grip on American's fleet.

American said yesterday it will buy 260 planes from Airbus, 200 from rival Boeing Co., and perhaps hundreds more. It expects the new jets to provide savings in fuel costs. American's

460

American Airlines is buying a record order of 460 new planes from Airbus and Boeing.

current fleet is among the least fuel-efficient.

The deal is a major boost for Airbus, which hadn't won an order from Ameri-

can since the 1980s. Boeing did salvage one of its biggest sales ever.

The jets carry a sticker price of more than \$38 billion US, although big airlines often get discounts.

Gerard Arpey, the chairman and CEO of American's parent, AMR Corp., called it "a watershed event certainly for our company and indeed for the airline industry."

AMR also announced plans to spin off regional carrier American Eagle as a separate company to cut costs, overshadowing the news that AMR lost \$286 million US in the second quarter. **THE ASSOCIATED PRESS**

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Baird sees China as potential friend

ALEXANDER F. YUAN/THE ASSOCIATED PRESS



▶ Foreign Affairs Minister John Baird

Foreign Affairs Minister John Baird says Canada-China relations are warming and can be further improved by face-to-face dialogue.

Baird finished a four-day trip to China yesterday after meetings with senior government officials and business leaders.

In a conference call from Shanghai, Baird said relations between the two countries have entered a new era in recent years and he wants to build on that.

Chinese relations cooled in the early years of Prime Minister Stephen Harper's government. A Harper meeting with the Dalai Lama in 2007 irked Chinese authorities, who routinely revile the Tibetan spiritual leader as a separatist who wants to split Tibet from China.

The Canada-China relationship improved after the prime minister visited Beijing in 2009.

Now, Baird said, China is a strategic partner in the fields of energy, natural resources and international

affairs and the two countries can both benefit from closer and deeper ties.

In a formal statement, he described the purpose of his China talks.

"The aim of this trip was to advance Canada's strategic partnership with a country that is both a clear priority for our government and important to our economy."

"I look forward to continuing to build a partnership with China that advances our common interests, Canadian values and the friendship between the peoples of our two countries."

Middle ground

1 While there are differences of opinion on issues such as human rights, Baird said it's better to discuss things face-to-face than to stand back and preach.

2 Baird said he raised human rights concerns with Chinese authorities and stressed the importance Canadians place on things such as religious freedom.

3 "The more Chinese tourists we have visit Canada, the more they can experience Canadian life, Canadian society, can see the value we place on values and principles," Baird said.

During his visit, Baird met Foreign Minister Yang Jiechi and Executive Vice-Premier Li Keqiang. They discussed investment and energy issues, as well as education and tourism.

THE CANADIAN PRESS

Canadians pull back on buying

Canadians are putting off summer vacations and new-car purchases, and are reining in budgets so they can better handle higher gas and food prices and re-

duce their debts, according to the Royal Bank's Canadian Consumer Outlook Index released yesterday.




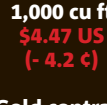
The study suggests Canadians are looking for ways to save as they grapple with gas prices that rose 29.5 per cent and food prices that grew 4.2 per cent in May alone.

"When people look at their overall spending capacity and they're made aware of the fact that they have to put some more into the basics and they have to pull back somewhere and that somewhere seems to be the larger purchases and vacations," said RBC chief economist Craig Wright.

The survey was released the same day Bank of Canada governor Mark Carney warned in a speech that agricultural product prices are substantially higher since interest rates last went up, and will continue to rise.

"As we tried to explain in April, our expectation was that these food prices would come into the economy over about a six-month

Market moment

TSX	Dollar
	
+ 7.91 (13,340.83)	+ 0.38¢ (105.55¢ US)
Oil	Natural gas 1,000 cu ft
	
+ \$0.64 (\$98.14 US)	\$4.47 US (- 4.2 ¢)
	Gold contract \$1,596.90 US (- \$4.20)

period. That's been the historic experience and that's exactly what's happening," he said when delivering the central bank's July monetary policy report.

RBC said 55 per cent of the 4,008 Canadians it polled are doing more comparison shopping for food, 48 per cent are cutting back on impulse buys, and 30 per cent of those surveyed said they are more likely to delay vacation plans until 2012. **THE CANADIAN PRESS**

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WE INTERRUPT THIS BROADCAST TO APOLOGIZE

HE SAYS ...

JOHN MAZEROLLE
METRO



over us.

Unless I missed a memo, we in the media (especially TV) are supposed to breathlessly cover this as a burgeoning health crisis. It's just the way things are done. Where are the slow-motion close-ups of a suspicious-looking skeeter? The catchy title like Mosquitopocalypse? The news anchor solemnly asking, "How worried should we be?" as if worrying would be useful.

Instead, all I've seen are level-headed reminders that since the '90s West Nile has been found from Nova Scotia to B.C. and that precautions should be taken against a small but real risk.

The coverage has been a reasonable reflection of reality.

So, again, I apologize.

Because if my years in media have taught me one thing, it's that the important thing now is to PAN-

IC. This was the time-proven journalistic method used with Mad Cow, SARS and H1N1. I guess West Nile's been around long enough that people are getting all "rational." Well, I can't let that happen.

Because if it did, we in the media would be stuck writing about softwood lumber or debt ceilings or, God help me, Brad Pitt. If I have to write one more word about a Beckham baby or the latest crop of orphans that Brangelina are scooping up with a backhoe, I may scream.

And you, gentle reader? You'd be forced to read it. So keep in mind we are doing you a favour when we warn you about:

West Nile and You: Partners in Death — a Q&A you and your family need to read (if you love them).

Q: How can I tell if West Nile is in my area?

A: Many wild birds spread the virus, and their deaths are a good harbinger of the disease, which leads to this easy-to-remember West Nile saying: See a live bird? Kill it. See a dead bird? Panic.

Q: What if I get it?

A: Symptoms often include headache, body aches and skin rash. If you come down with any of these symptoms, kiss a crow and see if it dies.

Q: Anything else I can do?

A: Go about your daily routine, but remain vigilant. Ask your political leaders to establish mosquito no-fly zones. Watch for large swarms flying in a skull-and-crossbones formation. Wear burqas or Stormtrooper costumes. Reassure your children by showing them films where humans reign victorious over insects, such as Arachnophobia and Them! Pray daily.

Q: How worried should I be?

A: We'll tell you exactly how worried, right after this.

Read more of John Mazerolle's columns at metronews.ca/hesays

I've been noticing the calm, level-headed way the media has reported the West Nile virus this summer, and I'd just like to say I'm sorry.

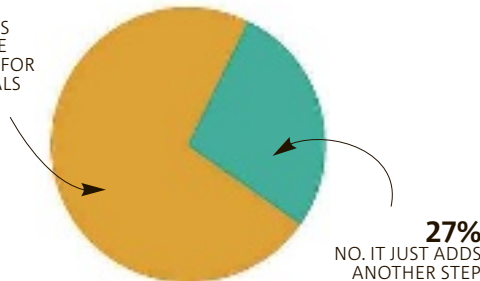
I don't know what's come



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Should divorcing couples have to attend an information session on alternatives before going to court?

72%
YES, LET'S
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CRIMINALS



Local tweets



► @cockburn_c: I think I'll use the #heatwave as an excuse

not to run today

► @matthewhandy1: Not looking forward to playing ultimate tonight. #heatwave

► @mirigoldman: Someone reassure me that I'm not being lazy by deciding to skip karate due to the heatwave....

► @NikMaack: How to stay cool during a heatwave: listen to surf guitar instrumentals. Surf rock is cool.

► @umoudgil: Sure it can be cold in the #office with the

A/C blasting, but a wool turtleneck sweater in mid-July is too much. #TrueStory #fail #ottcity

► @REALIGNANT: So damn hot outside

► @emilieparson: I just ate sewww many carrots. I can practically feel my eyesight getting better.

► @sdoyle333: Trying out Rogers' LTE rocket stick. Notice a whopping difference when it migrates to HSPA.

► @outofshell: @ALL_CAPS i have some homemade chicken broth ice cubes in the freezer for the dogs in this weather. just be careful - no onion!

Worth Mentioning

TERRORISM. An al-Qaida affiliate says it plans to roll out what some have called a Disney-like animated cartoon aimed at recruiting children to the terror network.

Scenes from the proposed short film show young boys dressed in battle fatigues and participating in raids, killings and terror plots. It is the latest attempt by the terror organization to use multimedia to draw in potential recruits.

News of the animated film was announced by a group called Abu al-Laith al-Yemen on the Arabic-language al-Shamouk jihadist website, the London-based Quilliam Foundation reported yesterday. Quilliam, which was formed by former jihadists and now aims to stamp out extremism, said it appears the group is affiliated with al-Qaida in the Arabian Peninsula.

"It's a Disney-like film aimed at kids that tells stories of the Prophet, stories of holy wars and anti-Western propaganda," said Noman Benotman, a former jihadist with links to al-Qaida who is now an analyst at Quilliam.

THE ASSOCIATED PRESS

Cartoon by Michael de Adder

SUMMER TRAFFIC:



WEIRD NEWS

Mastered your skinny jeans? Squeeze into this house

Think your house is small? Polish architect Jakub Szczesny has turned the popular notion of "size matters" on its head with his design of the world's skinniest house in Warsaw, Poland.

Located in an alleyway between an office tower from the 1960s and an apartment

building, the livable, four-storey house measures roughly 10 metres long and 1.5 metres wide.

The home is being built for Israeli writer and filmmaker Etgar Keret, who will use the space primarily as his studio. Since Keret lives most of the time in Tel Aviv, there is talk of the house being used as an artist's residence when he's not occupying it, Szczesny told the Toronto Star.

TORSTAR NEWS SERVICE



► A rendering of what the house will look like.

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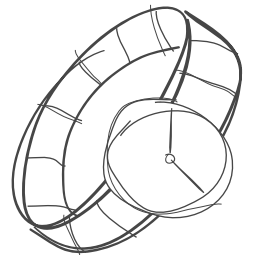
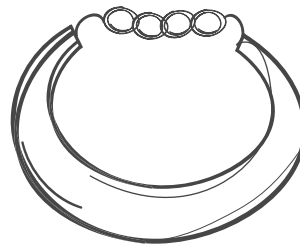
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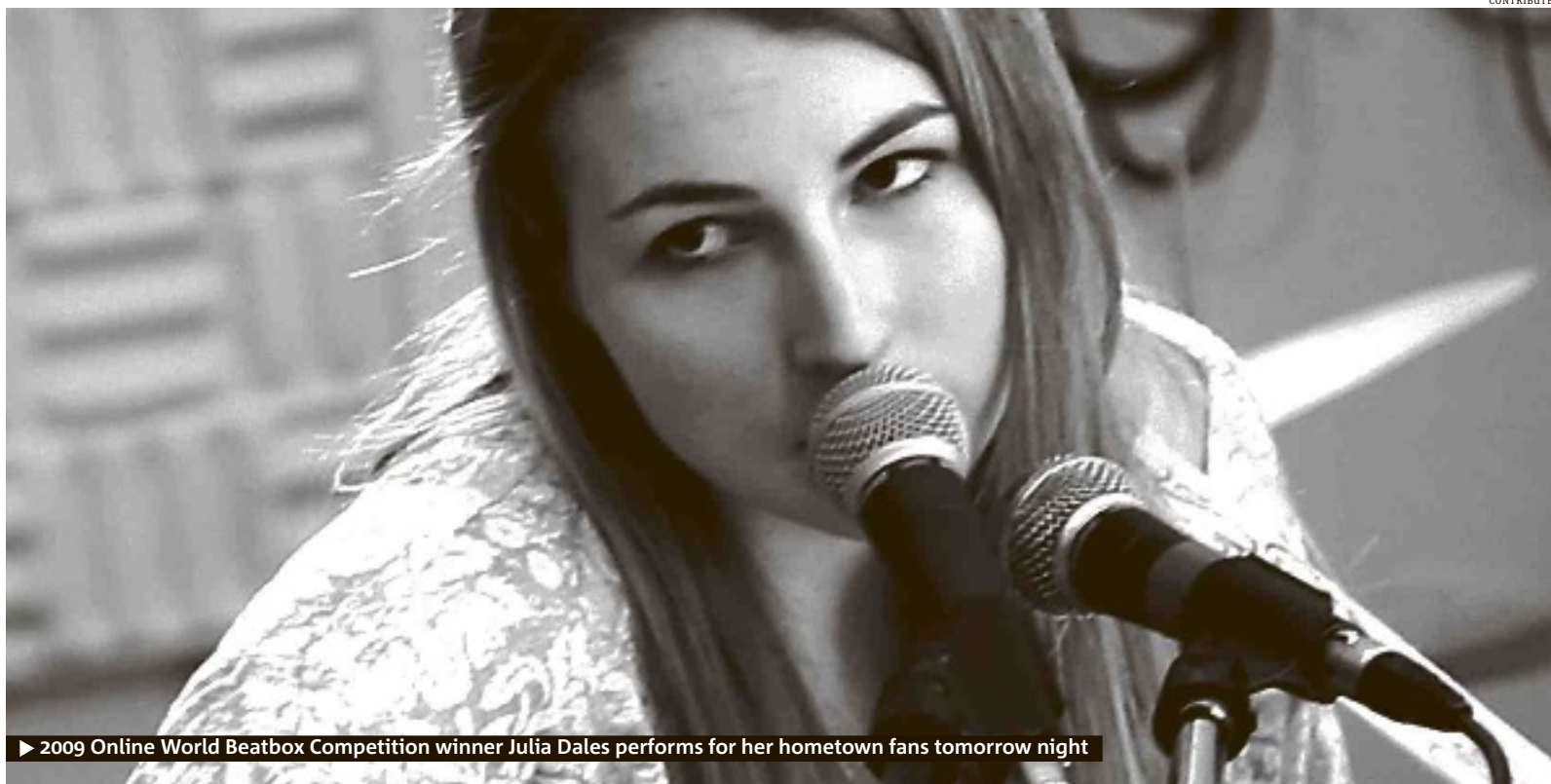
2
scene

Hospitalized



A spokesman for R. Kelly says the R&B singer is in the hospital after emergency throat surgery. Kelly publicist Allan Mayer said yesterday that doctors drained an abscess on one of Kelly's tonsils and that the singer will be "laid up indefinitely."

THE ASSOCIATED PRESS



► 2009 Online World Beatbox Competition winner Julia Dales performs for her hometown fans tomorrow night

Generating a buzz

► Online World Beatboxing champion returns to her hometown to put on a show tomorrow

BACKSTAGE PASS

JEN TRAPLIN
METRO OTTAWA



Ottawa's Julia Dales is one of the best beatboxers on the planet, but now she's going beyond beatboxing.

In 2009, she won the Online World Beatbox Competition when she

was just 17-years-old. It may be hard to believe but, by that time, she had already been doing it more than 10 years.

"When I was around six or seven years old I went to a summer camp," explains Dales. "One of my counselors there could beatbox. He did it for us one day and I became obsessed."

Dales parlayed that online contest win into performances on the The Ellen Degeneres Show, MTV, The Wendy Williams Show and more.

It didn't take long for her to quickly pass one million views on YouTube, which opened up even more doors for the young talent.

"The best part about passing a million views was that I began getting a lot of emails and phone calls for performance offers," says Dales. "Celebrities began to tweet my videos at that point too so that was very cool."

Those celebrities include the likes of Justin Timberlake and Ashton Kutcher. Self-proclaimed

professional music geek Alan Cross also posted Julia's videos on his various websites.

Now, she has over 5 million views on YouTube.

She also sings, writes music and lyrics and plays guitar.

When you add beatboxing to the mix, what you get is a batch of really interesting and unique original songs that will be released soon on her debut EP.

When it comes to her live show, Dales has a simple way of pulling all of

those sounds together; a loop pedal.

"I use the pedal to layer. For example, I will mimic a trumpet or electric guitar with my mouth on one pedal of my board, then beatbox a drum beat on another and layer acoustic guitar riffs on the third. Then I can kick the sounds in and out as I choose."

You'll have a chance to check out Julia Dales live tomorrow night at the Live Lounge (128.5 York St.). Doors open at 8 p.m., and tickets are \$10 at the door.

Comic-Con the real thing



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METRO WORLD NEWS IN LOS ANGELES

Comic-Con, the annual mecca of pop culture, returns to San Diego this weekend, with more than 130,000 fans and fanatics flooding the city to celebrate the comics, movies, TV shows and stars they love. What's surprising folks this year, though, is

who won't be there: Despite releases slated next year for two of the world's biggest superheroes, Batman and Superman, there won't be panels for the Dark Knight Rises or the Man of Steel.

And as for Marvel Entertainment's hero-packed the Avengers, while Captain America (Chris Evans) and the movie's director, Joss Whedon, will be in attendance for other rea-

sons, the studio insists there's nothing planned for the star-studded 2012 summer tent-pole. (The superhero team-up stars Evans, Robert Downey Jr., and may others.)

Some studios and directors, including Warner Bros. and Disney, have claimed they'll be sitting out the convention altogether, suggesting the massive festival's power might be waning.



► Months of work will be on display as Comic-Con attendees sport their costumes.



Despite fears, Chris Evans savors moment as Captain America: The First Avenger

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JAN THIES

What to watch out for

► Here's a guide to what Metro is most excited about at this year's ultimate nerd-fest

MOVIES

The Adventures of Tin Tin

While the motion-capture animation on display in the movie's trailer is cause for concern, the characters and books were such childhood favourites that we're still giddy with excitement. Besides, the combined might of Steven Spielberg and Peter Jackson is certainly call for optimism.

The Amazing Spider-Man

While it may seem a bit soon for a series reboot, we're excited to see what director Marc Webb has done with the series that ushered in the reign of comic book movies almost 10 years ago.

The words "grittier" and "edgier" have been tossed about, which isn't a great sign, but star Andrew Garfield hasn't disappointed us yet.

Rest stops

► We'll be checking in as much as possible at the Wired Cafe (the Omni Hotel), Wired magazine's Comic-Con oasis where VIPs can recharge their devices and their bodies, play video games and sip cocktails served by True Blood-themed waitresses

Immortals

Visionary director Tarsem Singh (the Fall) heads to ancient Greece to sprinkle some stardust on 300 with a cast that includes new Superman Henry Cavill, Freida Pinto, Stephen Dorff and Mickey Rourke. Looks like bloody good fun.

The Twilight Saga: Breaking Dawn — Part 1:

OK, we're not really looking forward to this movie as

much as the whining and moaning Comic-Con's legion of fanboys let loose once the series' even scarier legion of diehard fangirls shows up to crash their party.

Twilight fans are expected to be lining up outside Hall H as early as Monday for the movie's star-studded panel.

TELEVISION

Game of Thrones

The cast of HBO's new hit will be heading straight from San Diego to begin filming the show's second season, so this is likely the last chance to get a Game of Thrones fix before the long winter ahead.

Doctor Who

Matt Smith, the latest — and 11th — actor to take on the iconic sci-fi character, will be making his first-

ever trip to Comic-Con — most likely to receive a stern talking-to for making everyone wait so long.

The Walking Dead

Last year, the popularity of AMC's zombie apocalypse series caught Comic-Con off-guard, with its initial panel packed to over-capacity, so hopefully this year they're prepared for the show's army of hungry fans looking for dirt on season two.

Glee

Once again, the Fox television hit with no discernible connection to the comic-book world — except that its characters are all outcasts — makes an appearance. But this year they've got a 3-D concert movie (out next month) to promote, too.

● NED EHRBAR



► Kellan Lutz stars as Poseidon in *The Immortals*.

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Nerds rule the throne

- ▶ The world of Dungeons And Dragons has somehow become cool without anyone realizing it
- ▶ How fantasy rose to the top of the cultural heap

BRAYDEN SIMMS
METRO WORLD NEWS
SCENE@METRONWS.CA

In the course of a single generation, one of the most denigrated cultural institutions has risen to the top of the popularity hierarchy, influencing a new era of TV, cinema and literature.

We speak, of course, of fantasy. For the longest time, merely speaking the word aloud was enough to earn you a wedgie. But the literary genre, long the vestige of dice-rolling basement dwellers, has, in the past decade and a half, fully emerged from its (dragon) shell, capturing a more mainstream audience —

298K

Boosted by the success of HBO's *A Game of Thrones*, the fifth book in George RR Martin's *A Song of Ice and Fire* series — *A Dance with Dragons*, released on July 12 — quickly rose to the top of the charts, becoming 2011's fastest selling work of fiction. It sold 298,000 copies in its first day on shelves.

and, in turn, a more mainstream cash flow.

If, in early 1997, you had

predicted the growth of the maligned genre on the back of a bespectacled British wizard, you probably would have been stuffed into a locker faster than you could not say Voldemort.

Yet this improbable hero stands as the face of a brand worth a net \$4 billion worldwide, establishing his creator, JK Rowling, as the first — and only — billionaire writer, and firmly legitimizing practices and standards ranging from cosplay (organized dress-up) to a general acceptance of fantasy fiction.

According to Brad Ricca, a university professor and author of the forthcoming



▶ HBO's *A Game of Thrones* has become wildly popular over the last few months.

book *Super Boys*, this “subtle but important shift in popular culture” can be explained as a reaction to an increasingly chaotic present.

“College-age people who grew up reading Harry flock to the movies with wands and robes in an at-

tempt to recapture the past,” Ricca says.

How fortunate for George RR Martin.

The Hollywood screenwriter turned fantasist wrote a series of novels that, set in a medieval era on some imaginary, magic-infused continent, for years

languished only in the deepest recesses of nerd-dom. (Where, full disclosure, this author has long dwelt.)

All that has changed, however, with HBO's TV adaptation of his seminal work; *A Game of Thrones*, has inspired a new appreciation for his escapist oeuvre at a time when it seems — impending debt crisis, promise of European collapse, depressing summer TV lineup — the whole world is coming to pieces.

“In watching these shows,” Ricca says, “we may just be acknowledging the importance and romance of the imaginative past as it affects us in times of uncertain future.”

Considering our present uncertainty, we predict a continuation of the growing trend in mainstream fantasy literature.

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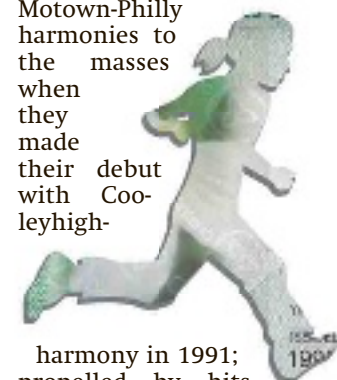
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No End of the Road for these Boyz

Boyz II Men brought their Motown-Philly harmonies to the masses when they made their debut with *Cooler* high-



harmony in 1991; propelled by hits like *End of the Road* and *It's So Hard to Say Goodbye to Yesterday*, the Philadelphia-based group's first album sold more than nine million copies.

Their sophomore CD, *II*, sold 12 million copies.

Band member Shawn Stockman says the group — which originally included Wanya Morris, Nathan Morris and Michael McCary — had no idea how huge their achievements were.

“We were so busy just working ... we didn't think too much about how it would impact the

world, which is probably a good thing, because it kept us sharp and kept us focused, even to this present day,” he said.

The group — which became a trio after McCary left — still records and performs regularly.

The trio's upcoming album, *Twenty*, will feature new songs

and new renditions of some of their best-known work.

“We've always been true to our love songs, and the type of music that we do, we feel this type of music is timeless,” he said.

“It's our 20th anniversary, so we wanted to not only give our listeners something new, but our new listeners I guess an anthology.”

Stockman hopes the group will capture a younger generation, but also a few fans they may have lost along the way.

THE ASSOCIATED PRESS

Was Anthony cheating on J.Lo?

► Sources tell magazine that split between couple was not 'amicable'

While Jennifer Lopez and Marc Anthony have announced that their split was "amicable," sources tell People magazine it was anything but.

The decision to separate reportedly came "after months of nonstop arguing," a source says, adding that Anthony feeling jealous about Lopez's American Idol success and Lopez fearing Anthony wasn't being faithful were factors.

"Though they love, admire and respect each other very much, they just needed to be apart," the source says.

● METRO



► Jennifer Lopez and Marc Anthony

JASON KEMPIN/GETTY IMAGES

Celebrity tweets



Biggest changes in the last 10 years: My love affair with my Blackberry and Tivo. You?



@TomArnold

@hwinkler4real

So if everyone in England is resigning because of phone hacking HOW FAR BEHIND ARE WE here in the US It has to be in the NEWS CORP culture



@Pink



just tried 2do yoga class w/ a 6 wk old. even dressed her in buddha onesie thinking it'd keep her calm. wrong. so wrong. no dwnwrd dog 4 me

@CarrieFFisher



Though life is far from a bed of roses Thru which one lethargically loiters It nevertheless is more savory Than a bed comprised of goiters

Franco splits with longtime girlfriend

FRAZER HARRISON/GETTY IMAGES



► James Franco

STEPHEN LOVEKIN/GETTY IMAGES



► Matt Damon

Aniston on having kids one day: 'It'll happen'

Jennifer Aniston hasn't ruled out parenthood — in fact, she's looking forward to it.

"I'd love to have children one day," she tells Look magazine.

"And it'll happen. I am open to being a single mother, to adopting. I'm just

fine with it."

But there are some ideas Aniston is clearly not open to, like social-networking.

"You'll never see me on Twitter or anything like that, it's not for me," she says.

"I'm all about old traditional ways — phone calls and letters. Although I do internet surf and shop online. I love auctions."

● METRO



Jennifer Aniston

Talking points

Simpson's rep claims she's not preggers

MAYBE SHE'S JUST CURVY. After stepping out for a business meeting in Beverly Hills in a body-hugging minidress, Jessica Simpson is shooting down rumours that she and fiancé Eric Johnson are expecting, according to Celebuzz.

"This photo agency is full of malarkey," Simpson's publicist says of the company that first made the speculation. "She is not pregnant."

● METRO



► Jessica Simpson

BRYAN BEDDER/GETTY IMAGES

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then came to New York to go to school for two years. Then I signed up for more school at Yale. I think that was it for her."

● METRO

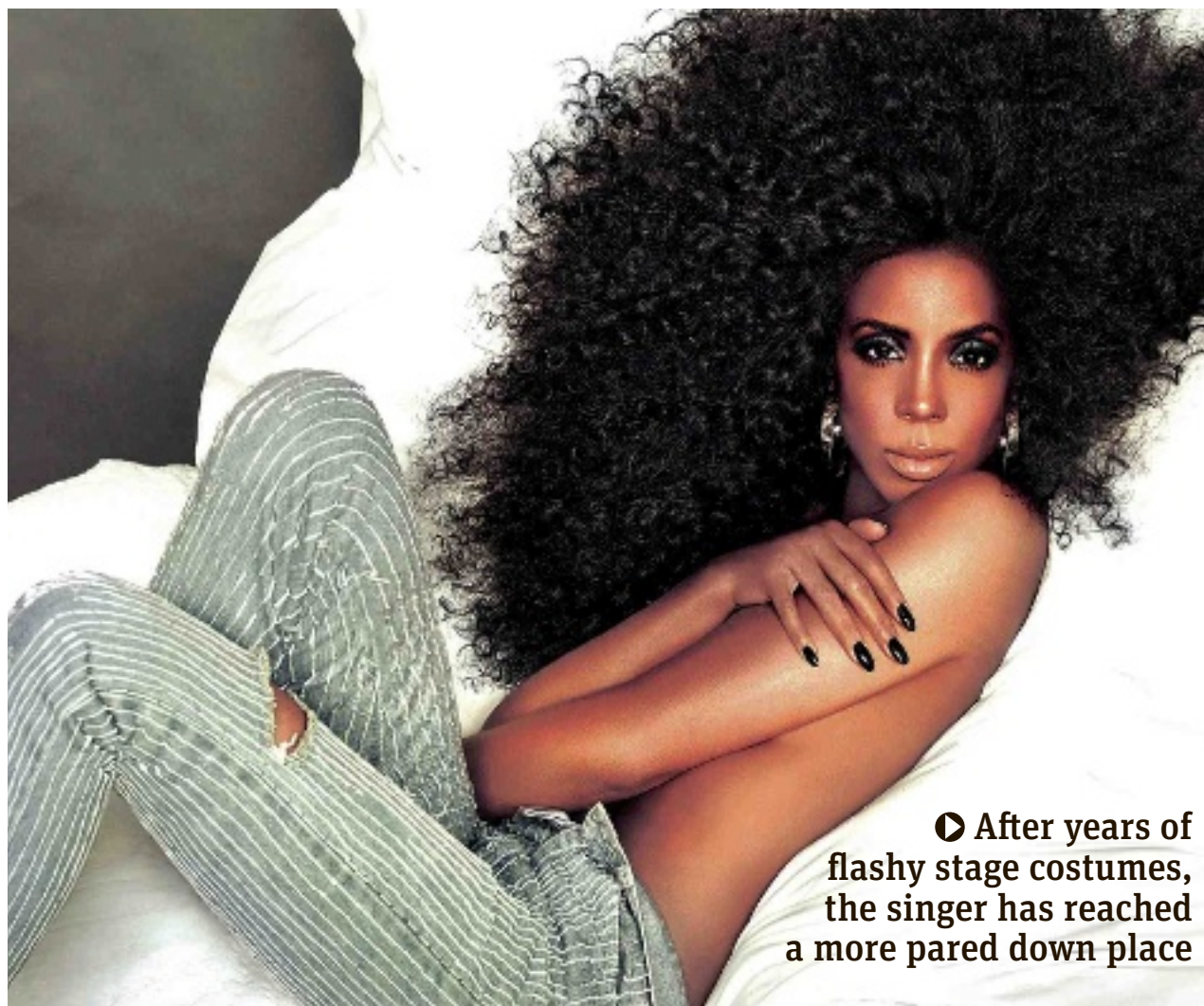
James Franco and his longtime girlfriend, Ahna O'Reilly, have split up, the eclectic actor tells Playboy magazine.

"It's over. That lasted about four or five years," he says of the relationship, which he managed to keep off the radar.

"We'd been living together in Los Angeles and

"I have friends who are like prisoners. Brad Pitt and Angelina Jolie, for instance. They can't just go someplace. If they go for a walk, it turns into an international incident."

● METRO



After years of flashy stage costumes, the singer has reached a more pared down place

Kelly Rowland stripped down

KENYA HUNT
LIFE@METRONEWS.CA
METRO WORLD NEWS

Before she went solo, Kelly Rowland spent her ca-

reer dressed in blingy, costumes designed to keep you entertained — shimmery, mermaid-like dresses with flesh revealing cut-outs or ripped, GI

Jane-style army fatigues with camouflage Daisy Dukes or sexy versions of Cub Scout uniforms with tight, midriff baring tops. “I’ve never been afraid

to take any risks,” she admits over the phone from London, where she’s promoting her new album, Here I Am, and preparing to join the UK X-Factor judging panel.

“My personal style has grown in a way where I know what works for me. You have to try different things out to get it right,” she says of her evolution from her days as one-third of Destiny’s Child.

“Before, I was about what’s ‘in’ right now. But now, I buy to collect pieces that will be with me forever.”

If the Texan’s old wardrobe was all about constantly changing kinds of splash, its new incarnation is much more refined and focused, thanks to her habit of reading Style.com each night (“it relaxes me”) and

KELLY’S STYLE ICONS

Halle Barry

“I love the fact that she always looks so effortless, like she just woke up in that dress looking beautiful. She’s always dressed so appropriately for her age — with some women it seems like they’re reaching too much. But with Halle, she can wear a dress with her stomach out and it looks amazing because she has the body for it.”



Jennifer Lopez

“She’s just a siren who is smoking hot, period. I love her.”



Trend of the week

E-COMMERCE

Just in time for all of your fall shopping, luxury brands are rolling out e-commerce sites faster than you can say, “credit, please.” The latest: Dolce & Gabbana (in collaboration with Yoox) and Balenciaga. Our vote for the most user-friendly shopping experience goes to team Dolce for their slick magazine-style trend reports and shop the look features. Meanwhile, Balenciaga gets the most arty prize; the site will feature short movies created by visual artists and photographers.



Sporting Life is a give-and-take between high fashion and real function

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\$7, lorealparis.com

Orange you looking nice today

- From the Paris couture runways to the business boardrooms, the 'orange' oldies seem to be ruling the world
- They may have it all (if fame and power are your bag) but eternal youth — well, that just ain't one of them!



▶ Valentino Garavani



▶ Giorgio Armani



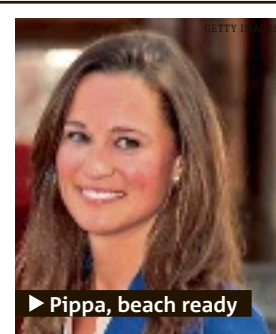
▶ Iggy Pop



▶ Tom Jones



▶ Silvio Berlusconi



▶ Pippa, beach ready

Middle-TAN

It's a wonder how the Middletons maintain their bronze-y looks. It's definitely not from basking in the British sun. Nevertheless, since England's favorite family joined the Royal crowd, Pippa has taken the fake bake to another, higher sphere. Maybe it's a social status thing after all — nope, not.

● RICHARD PECKETT

What's orange with a crazy bouffant and sings a catchy tune?

You'd probably say an "Oompa Loompa," but you'd be wrong. The correct answer is Tom Jones and a whole host of saffron-skinned friends.

But why are all the old timers topping up their tan from a can?

Perhaps orange skin is a status sym-

bol in some circles. Or maybe, while everything else is fading — looks, hair and yes, sexual prowess — their face becomes that last bastion of virility.

We'll never know. But here are the fake tan's biggest fans.

The couturier glow

Valentino Garavani shows off his best impression of an Eighties don.

While Giorgio Armani with his leather-like complexion and nipple clinging tee looks like the kind of guy you'd spot you on a

gym workout, no?

Rockhard and bronzed

These days the music world's most iconic gyrating, rock stars are more like singing raisins. Take a look at the radioactive glow emanating from Iggy Pop and Tom Jones. Yep, the one-time sex bombs may not be able to muster a body-

pop but boy do their faces add a colour pop worthy of the spring/summer '11 runways.

Businessmen bringing citrus back

These two have got plenty to be red in the face about. Perhaps that's why old 'bunga bunga' Berlusconi and 'The Donald' favour a tangerine disguise. Only the brightest orange will do for the world's classiest acts.



Dress your buff beach body

- Think softer shapes and sleeveless
- Tips to show off the fantastic figure you've worked so hard to build

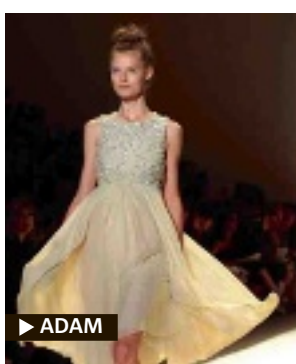
Fitting a fit frame isn't always easy.

While clothing designers and retailers have given more attention lately to finding solutions for their petite and plus-size customers, those women with an athletic build - who could be tall or short, more narrow or wide - have their own set of dressing challenges that certainly don't have a one-size-fits-all solution.

Working with many real women instead of only models on photo shoots,

Adam Glassman, O The Oprah Magazine's creative director, says he's noticed an increase in "the athletic type." He can't quite define it, but he says he knows it when he sees it.

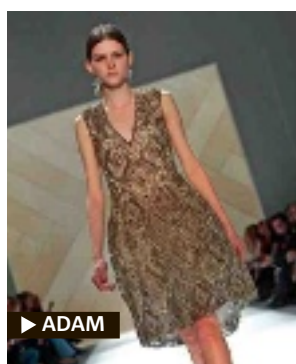
"It isn't just about athletes," Glassman says. "It has nothing to do with height. You tend to have broad shoulders and a broad back, and your arms are naturally toned or you work out - the tummy is the same thing. Perhaps you have not a lot of curves with a straight waistline



▶ ADAM

and square hips, thighs muscular and built calves, and a smaller bust."

He adds: "You can have



▶ ADAM

all of that, two of the above, part of one. It ranges from gymnasts to swimmers."

"I think the fashion in-

"I think the fashion industry is stepping up to the plate in offering things for more sizes."

ADAM GLASSMAN, O THE OPRAH MAGAZINE'S CREATIVE DIRECTOR

dusty is stepping up to the plate in offering things for more sizes, but you still have to be willing to search," he says.

Most important, women - no matter size and shape - should be looking for clothes that are comfort-

able and flattering with an end goal of creating a lovely, feminine hourglass shape.

Athletic types often have the advantage of being taut and firm, he says, but that also can leave the impression of them being tough and tomboyish. He likes to see women soften their look with ruffles, ruching, flowing skirts such as a tulip shape, a top with a defined waist or a tie at the waist, and puffy sleeves - which are trendy right now.

THE ASSOCIATED PRESS



Swimming in the spotlight

► Pants as beach coverups, playful prints and bright hues wow at Mercedes-Benz Fashion Week Swim 2012

Next summer, women can be comfortable, feel glamorous and look trend-right in pants as beach coverups.

Bold-coloured and printed pantsuits were one of the popular styles on the runway during the Mercedes-Benz Fashion Week Swim 2012. Slouchy pants in bright pink and black, and even a Spandex, bohemian-print leggings, also might be coming soon to a beach near you.

Playful prints and vibrant hues had their place on the catwalks in Miami Beach, as well as animal-inspired prints, colours and stripes.

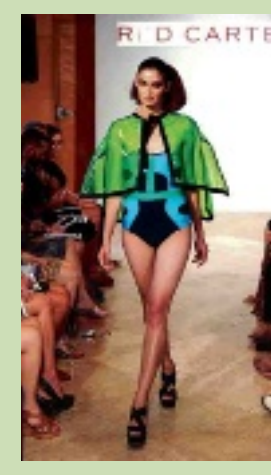
Some designers showed high-waisted bikini bottoms, while others included multi side-string swimwear, allowing for some skin to peek through.

THE ASSOCIATED PRESS



**WHITE SANDS
AUSTRALIA**

Two contrasting styles were on the runway at White Sands Australia: sweet floral vs. sexy zebra. Designer Leah Madden tried to pick between the two to show a cohesive collection, but ended up showing both.



RED CARTER

Lucite capes in bright jewel tones showed the adventurous side of designer Red Carter. His collection focused on two trends: One was African inspired with hand crochet; the other paid homage to Pop Art with eye-popping colours.



DOLORES CORTES

Spanish designer Dolores Font Cortes' collection was inspired by dreams of a remote, idyllic island. Colours ranged from strawberry pink to the green tint from the bottom of the sea, and orange shades.



POKO PANO

Brazilian designer Paola Robba incorporated her country's traditional colours, symbols, plant and wildlife into a 40-piece collection which included bikinis, kaftans, mini dresses, shirts, skirts and pantaloons in a multitude of colours.



MARA HOFFMAN

A generous mix of Egyptian and South American tribal influences were seen at the Mara Hoffman show in a multitude of vibrant colours. Her collection touched on Egyptian inspiration such as the sarcophagus and King Tut.

FRENCH, ENGLISH as a SECOND LANGUAGE

PART TIME

12 weeks (36 hours in class and 36 hours online)

FRENCH AS A SECOND LANGUAGE (9 LEVELS)

September 26 to December 17, 2011

Evenings: 6 pm to 9 pm (9 Levels)

Saturdays: 9am to noon (6 Levels)

ENGLISH AS A SECOND LANGUAGE (5 LEVELS)

September 26 to December 17, 2011

FULL TIME

4 weeks (60 hours in class and 60 hours online)

FRENCH AS A SECOND LANGUAGE (4 Levels)

August 8 to September 2, 2011

Level 1 and 3 – 12:30 pm to 3:30 pm;

Level 2 and 4 – 9 am to noon;

Level 5 and 6 - please check our website

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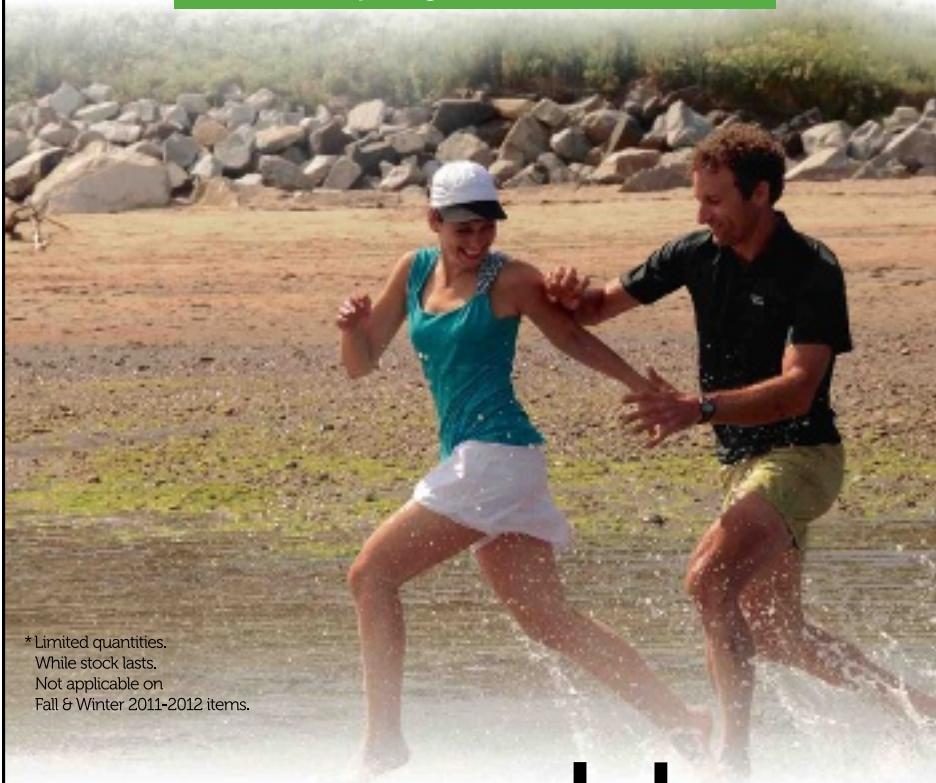
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Mess of a dress

► Efforts to preserve several iconic dresses from *Gone With the Wind* reveal that some are simply too damaged

ERIC GAY/THE ASSOCIATED PRESS

Stitching and holes can be repaired and extra feathers added years ago can be removed, but some dresses from the movie *Gone with the Wind* are old, badly faded in spots and in one case, just too fragile to handle.

The Harry Ransom Center at the University of Texas announced a \$30,000 effort last year to preserve five of the dresses acquired with the collection of film producer David O. Selznick in the 1980s. The goal is to have them ready for a 2014 exhibit to mark the film's 75th anniversary.

Ransom Center officials this week gave The Associated Press a look at the work being done to bring them back to the best shape possible.

"They are culturally important," said Cara Varnell, an independent art conservator who specializes in Hollywood film costumes and is doing the restoration work.

Varnell has meticulously studied the dresses worn by actress Vivien Leigh and has tried to decode alterations done over several generations. The waistline of the green curtain dress has been altered several times. Extra feathers had been sewn onto the burgundy ball gown.

Varnell knew the dresses would be in rough shape. They had been put through their paces well before they arrived at the Ransom Center.



► Cara Varnell, an independent art conservator who specializes in Hollywood film costumes, works on the belt sash from Scarlett O'Hara's green curtain dress.

Selznick, realizing he had a "gold mine on his hands," put the dresses on tour with the film, said Ransom Center film curator Steve Wilson. They went through decades of travelling displays and had been on loan to the Metropolitan Museum of Art in New York. They were dry-cleaned multiple times, sprayed with disinfectant and displayed in department stores.

All of that put stress on outfits not designed to take the beating of everyday wear and tear.

A conservation assessment done when they first arrived at the Ransom Center in the 1980s deemed them too fragile to display. Varnell said the Ransom Center has since then properly kept them in temperature-controlled storage.

THE ASSOCIATED PRESS

Up and down

Baby Beckham

Do you hear the clickety-clack of baby Christian Louboutin booties? Yep, Posh Spice finally has a little girl, Harper Seven (how do we feel about that name?), to model all of those luxury children's lines that have launched this year.

Rihanna and Armani

Thanks are in order to the pop star for ousting Megan Fox as the face of Emporio Armani Underwear and Armani Jeans. If you haven't seen enough of Rihanna's curves already (a la her skimpy tour costume below) look at for the ads, which will debut this fall.



Halston

With Sarah Jessica Parker and Harvey Weinstein bailing out on Halston, could this be the biggest split since Galliano and Dior? Well, no. But you can't deny that SJP and all those seventies-inspired dresses seemed made for each other.

Held for Ransom

- The *Gone With the Wind* costumes are among the most famous in Hollywood history and played a key role in one of the most popular films ever.
- The Ransom Center holds five dresses it wanted to restore for display: Scarlett O'Hara's green curtain dress, her green velvet gown, a burgundy ball gown, a blue velvet night gown and her wedding dress.

A do-it-yourself pedicure

THE KIT

The Hauschka Pedicure

Where to find it: Dr. Hauschka Spa in Montreal, padrhauschka.com

Do it yourself:

Step 1

Soak your tootsies in a basin of lukewarm water and a capful of Dr. Hauschka's Sage Bath. Sprinkle in a few fresh rose petals and

soak for 8 to 10 minutes. "Soak with intention," says spa owner Enaam Takla. "Try to meditate. Visualize calming things. Focus on your breathing and the aroma of the sage."

Step 2

Pat feet dry and smooth on Rosemary Foot Balm (it helps control odour and athlete's foot) or use the brand's Fitness Foot Balm to heal rough, dry heels.

Step 3

Push back cuticles with a nail stick. Dr. Hauschka's Neem Nail Oil Stick contains medicinal plant extract to treat and protect cuticles and help strengthen nail beds.

Step 4

Massage your feet and legs with Rosemary Leg and Arm Toner to stimulate blood circulation. Go slowly and rhythmically, beginning at the toes and working your way up.



Step 5

Steal a nap to make this

feel-good moment last.

Who loves it:

"Dr. Hauschka Spa pedicures are blissful. They actually lie you down and give you a 20-minute essential-oil massage."—Anna Varrano, Mona Moore shoe shops, Montreal and L.A.

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Trend of the week

COLOUR-CODED DREAMS

Surf through any home interiors blog or magazine and you'll quickly realize that colour coded closets and bookshelves are all the rage. We weigh the pros and cons.

FLICKR 7

It's an expensive way of adding some decorative oomph to your place. A wall with bookshelves of graduated colour or a closet full of colour-matched clothes can have just as much impact as a cool painting.

It's a crafty way of making sure you keep the bookshelves and closets neat. If a colour is out of place, you'll notice it faster.

You'll get cool points from graphic design types who come over for dinner.

The bigger the library or closet, the longer it will take to organize the items inside.

Instead of just sliding a book back on the shelf or hanging the dress back in the closet, you now have to decipher if it's too mustard-y to sit beside it's neighbour.



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► Revamp your home by adding unique hooks and one-of-a-kind door knobs to your furnishings

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Changing the hardware around

your place is a great way to add personality to a room, and is a quick and inexpensive way to be creative with furnishings.

A classic and simple white kitchen can date itself with 1970s brass handles, while a curlicue victorian dresser can look a bit fussy with cut crystal knobs.

Why not add some "new jewelry to that old suit"? Changing the hardware offers an instant update to your furnishings.

In the kitchen

Renters rejoice; updating the look of your kitchen is easy by investing in some new hardware for the cupboard doors and drawers.

Brushed stainless steel or shiny nickel knobs and pulls are the most popular.

It's also one of those upgrades you can take with you when you move (just keep the old hardware to replace when you are gone).

As most kitchens require quite a few, purchase

your knobs and pulls at the big-box or DIY stores; the prices are usually better than specialty shops and they will have the quantity you need in stock.

Want to add a custom look? Put knobs on doors and pulls on drawers. Match the style and finish.

Old furniture gets dazzled

Got an old dresser or cabinet that feels a bit dull? Restaining it very dark or painting it a bright colour can change the look, but adding some fun knobs will add some interest and update your relic for a few more years.

Handmade or painted knobs allow you to be creative and customize a boring piece of furniture.

Look in lifestyle stores that sell home and clothing for some unique hardware.

Woman's clothing store Anthropologie and home decor store Pier One are favourites of mine.

Bathroom pizzazz

Replacing standard towel bars and cabinet knobs in the bathroom can add a real punch of personality to a small space.

I like to buy four-five matching towels bars and install them above one another, about 12-18 inches apart.

The vertically stacked bars give a vertical element to a small bath and offer up



► Add some sparkle
(Anthropologie)



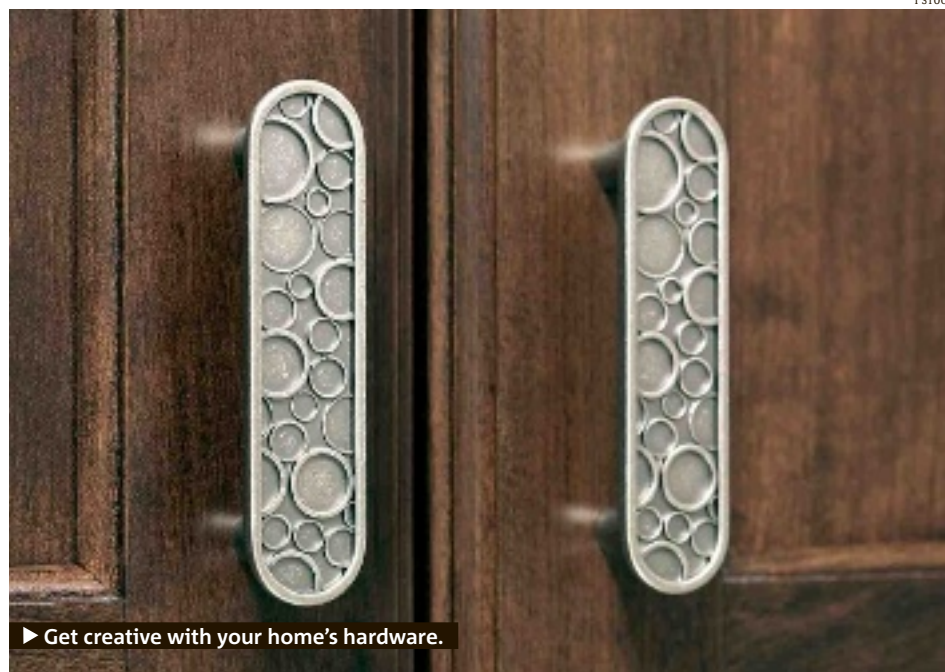
► Opt for a classic look
(Anthropologie)

valuable hanging space as if a ladder were leaning against the wall.

Check out the big box stores for multiple towel bars on sale.

In family bathrooms try installing several hooks at various heights to hold multiple family towels.

Choose a different brightly coloured towel for each family member and the wall will take on a fun, playful look.



► Get creative with your home's hardware.



► Hydrangea Hook,
(Pier 1 imports)



► Add a splash of colour
(Anthropologie)

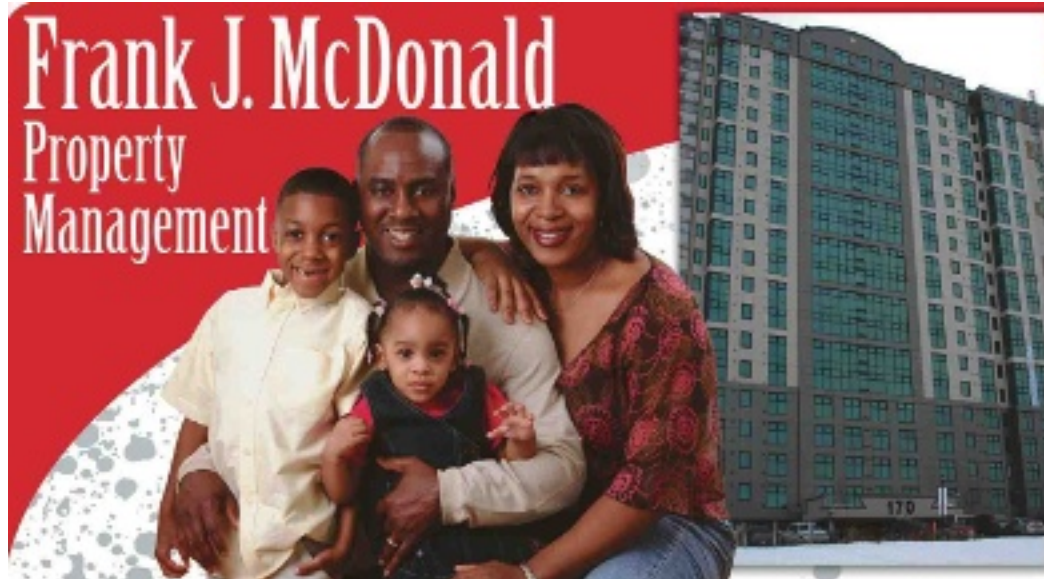
Hook it up

Interestingly shaped antique hooks can be found at flea markets and cost just a few dollars each.

► Old hooks often have unique shapes and personalities of their own and can take on quite a modern look when spray-painted with a high gloss colour.

► Consider adding hooks behind doors for robes or under kitchen islands to hold tea towels or purses.

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From lovers to roomies: It's not always a fairy tale ending

► Moving in together can make or break a relationship ► To save you from arguing over that wagon wheel coffee table or those inherited curtains, we spoke to relationship experts Dorian Solot and Marshall Miller

RICHARD PECKETT
LIFE@METRONEWS.CA
METRO WORLD NEWS IN LONDON

Shacking up and creating your own little love nest can be the stuff of poetry and cheesy love songs alike. But unfortunately, neither mentions that two of every piece of furniture, coupled with conflicting opinions, do not meld quite so harmoniously.

Dorian Solot, co-author of the relationship book, *Unmarried to Each Other*, explains: "Some couples find the best way to guarantee smooth sailing is for the partner who's less invested to just forfeit and grant the other the right to make decorating decisions."

But then you might end up with a scenario in which one half of the couple doesn't feel at home in his or her new place.

So, how can two lovebirds keep an apartment share fair? "You should allow each partner to have their own 'sanctuary' space within the apartment," says



► Thinking about shacking up? Read this before taking the plunge.



"Have the man pick out at least one piece of art."

MILLER, PICTURED LEFT WITH SOLOT

Solot's partner, Marshall Miller.

"Also, when it comes to purchasing shared items like a sofa, each partner should split them into 'love it', 'maybe' and 'no way' categories and agree to pick the one that you jointly rank as your favourite," he adds.

A decorating democracy sounds like bliss but the chaps among you surrounded by soft pastels and delicate feminine touches will know that sometimes a woman's vote can count for two. To avoid this, Miller

suggests "the man pick out at least one piece of art for a public part of the house. Little things work too, like asking for his opinion on wall colours. You can also diversify your coffee table or magazine rack to include the types of books and publications guys enjoy."

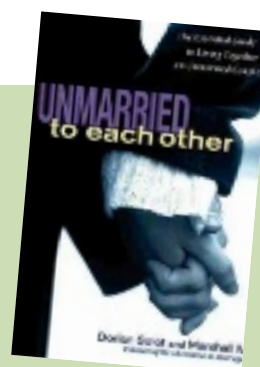
But inevitably, some relationships are doomed to fail. To protect yourself, and your things, Miller suggests drafting a "living together agreement" rather than "labelling everything you own as if you're a kid going to camp." He says this is the opportunity to reach an agreement about finances and which valuable possessions each person brings into the relationship.

"Many couples agree that anything purchased after they live together will be presumed to belong to both jointly and if they break up, they can agree to sell those items," Miller adds. At least this way, you'll avoid all the petty arguments over who bought the Friends box set.

Problem areas

The three items that cause the most problems.

- 1 The sofa
- 2 The television
- 3 Exercise equipment



Unmarried to Each Other

\$22
perseusacademic.com



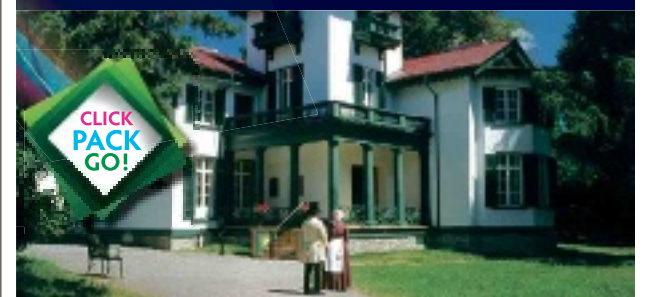
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A DIYER'S PARADISE

► Interior design blogging extraordinaire, Anna-Malin A-Lindgren, has a knack for creating unique decorative items with a cool edge ► The Swede has made everything from her dining table to throw pillows ► She lets us into her crafty abode

ANNA-MALIN LINDGREN



ANNA-MALIN LINDGREN



ANNA-MALIN LINDGREN



ANNA-MALIN LINDGREN



Name: Anna-Malin A-Lindgren
Occupation: Teacher and photographer. But she's most known for her popular shelter blog, Helt Enkelt. heltenkeltthosmig.blogspot.com
The space: An airy four-bedroom house that has a clean, yet rustic Scandinavian sensibility.

The city: Helsingborg, Sweden
It's hard to believe A-Lindgren has only been living in her new house for three and a half years along with her husband and two sons. "I'm at a point where I feel it's time for something new," she admits. She dreams of owning a country

home and a café. But for now, she settles for redecorating her current place, which looks perfect to us but is in a constant state of makeover. "I sometimes change the look of our home several times a month. I truly believe I'm never going to consider it finished," she adds.

3

These blogs feature totally doable projects that can be knocked out in a weekend. Promise.



DIY BLOGS TO BOOKMARK NOW

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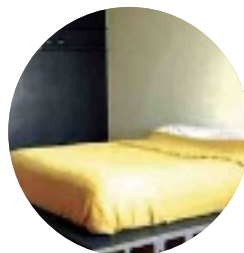
- Its impressive DIY section has easy projects for the novice (a design-y mirror frame made of clothes pins) and complicated ones for the die-hards (Moroccan lanterns made from old mason jars.)



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REMODELISTA.COM

- It's got no-brainer, easy to replicate ideas such as a bed base made of concrete blocks.



IKEAHACKERS.NET

- If you're tired of houseguests saying, "Omg. I have that exact same lamp. Ikea?" — This site is dedicated to cool and interesting ways to personalize and repurpose Ikea products. ● KENYA HUNT

MORE FAUX-PAS FOR DISH CLEANING

CHARLES THE BUTLER



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How To Load A Dishwasher, Part 2.

The most important thing to remember when loading a dishwasher is that for the cleaning cycle of the dishwasher to be successful you need the dishwasher to be able to circulate around the entire item.

Overcrowding is one of the most common problems when it comes to dirty dishes and unsatisfactory results.

Some people try and save money on soap; this is not an area where you should cut back. Always use the manufacturer's recommended amount.

What you need to determine is what is the best soap for your dishwasher and for the type of water in your area.

Liquid and powder react differently based on the type of water.

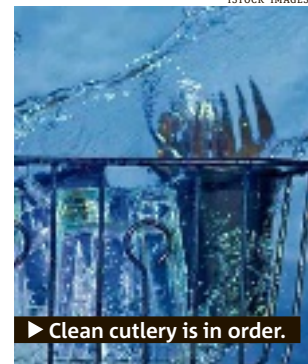
The cutlery tray

Always put cutlery in the tray pointing up. This allows for maximum water circulation. Also it is important to mix up the cutlery.

NOTE: Sharp knives should always be pointed downwards for safety.

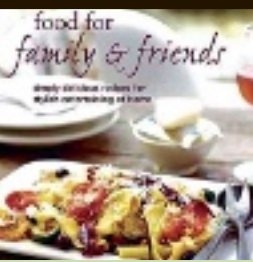
HAVE A QUESTION? EMAIL CHARLES-THEBUTLER@METRONEWS.CA

ISTOCK IMAGES



► Clean cutlery is in order.

Weekly Cookbook



Summer entertaining just got easier with Food for Family & Friends (Ryland Peters & Small, 2011). The book offers inspiration to help you create the right ambiance, more than 130 recipes, plus expert advice on choosing wine. Filled with colourful images, the book is divided into sections such as Setting the Scene, Nibbles and Sharing Plates, Feeding a Crowd, Drinks, and more. Among the recipes are: Pumpkin Soup with Honey and Sage, Spicy Pork Curry with Lemon Rice, Chocolate Truffles and more.

The cool side of ketchup

► Ever thought of making your own condiment? ► Change it up with Spicy Peach Ketchup

There's a seasonal shift going on in the condiment firmament.

Ketchup, a staple of many pantries, is catching up with the cool crowd as chefs seek new inspiration.

"It's a very exciting time to be making ketchup," says Scott Norton, who with Mark Ramadan founded the recently launched Sir Kensington's Gourmet Scooping Ketchup.

Organic ketchup, spicy ketchup, gourmet ketchup, curry ketchup, all have blossomed in recent years, a development that James Oseland, editor-in-chief of Saveur magazine, has noted with approval. "Who doesn't love a good ketchup?" he points out.

Spicy Peach Ketchup

Preparation:

- 1 In sauté pan over medium, heat oil. Add onions and garlic; cook, stirring occasionally, until onions turn golden and caramelized, about 15 minutes. If they start to darken too much, add 15 ml (1 tbsp) of water.
- 2 Add peaches, red pepper flakes, allspice, cloves, adobo sauce, brown sugar, vinegar and salt. Cook, stirring occasionally, for 45 minutes.
- 3 Working in batches, transfer mix to blender and purée. Adjust seasoning with additional sugar, salt or vinegar. Transfer mix to

a clean jar and refrigerate up to three weeks.

THE ASSOCIATED PRESS/
ALISON LADMAN

Ingredients:

Spicy Peach Ketchup

- 15 ml (1 tbsp) canola oil
- 2 medium yellow onions, sliced
- 2 cloves garlic, chopped
- 6 peaches, peeled; pitted
- 5 ml (1 tsp) red pepper flakes
- 2 ml (1/2 tsp) ground allspice
- 1 ml (1/4 tsp) ground cloves
- 10 ml (2 tsp) adobo sauce
- 125 ml (1/2 cup) packed brown sugar (approx)
- 125 ml (1/2 cup) cider vinegar (approx)
- 5 ml (1 tsp) salt (approx)



► Make your own ketchup. It can be stored for three weeks.

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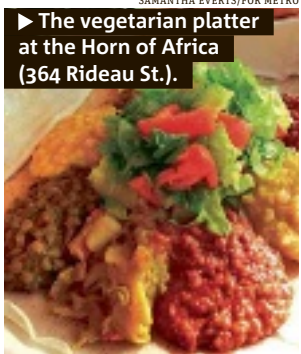
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SPECIAL INFORMATION FEATURE

► The vegetarian platter at the Horn of Africa (364 Rideau St.).



Discover Horn of Africa

Move over pho, try some injera!

A longtime secret for University of Ottawa students and ByTowne Cinema-goers, the Horn of Africa serves authentic Ethiopian food in a fun atmosphere with prices that can't be beat.

Plates of food are served communally on injera, a flat pancake-like sourdough tasting bread (made from millet) that diners rip off with their hands to scoop up delicious Kifito (a spicy beef tartare) or richly spiced "wats" (stews).

Highly recommended for first-timers is ordering the combination platters. The vegetarian platter consists of hot Berbere red lentils, a mild but tasty chickpea mash, a boiled cabbage, carrot and onion dish, and cool romaine salad. Or try the Abyssian platter with lamb and chicken.

The friendly staff will gladly bring you more injera at no extra cost. The interior may not be chic, but you can eat on their patio. ● SAMANTHA EVERTS

► Choose a refreshing cider as a cooling alternative at your favourite pub this summer



JEFF O'REILLY
FOR METRO

When you find yourself literally sprinting to get to the nearest patio so you can cool down and relax after a long hot summer day at the office why not look at cider as an alternative to your usual post-work beverage of choice?

Typically made from the fermented and aged juice of apples, a variety of it can be found in almost any pub in the world since ciders are so versatile. Outstanding on their own, by adding some Cassis liqueur you can create a dynamite twist on the cocktail party darling Kir. But the most popular concoctions see ciders paired with Guinness for a traditional Black Velvet or lager to produce a rejuvenating Snake Bite.

Here are some options I think you will enjoy, available at select LCBO and



► Alyssa serves a cold Waupoos Cider on the patio at Pub Italia.

pub locations across Ottawa.

The County Cider Company Estate Winery from nearby Prince Edward

County has a real gem in its Waupoos Premium Cider (6.5 per cent alcohol by volume (ABV). Using a blend of 100 per cent pure

Did you know?

- In the 14th century, children were baptized in cider; it was cleaner than the water.
- Cider is equally enjoyed by men and women, but women drink half the volume of men.
- At one time, 365 different varieties of cider apples were grown.

SOURCE: NATIONAL ASSOCIATION
(U.K.) OF CIDER MAKERS

juices from apples that are hand-picked at their estate, Waupoos is ultra-pale with a delicate greenish tinge to it. Sweet, sharp and bright — the apple crispness is slightly tangy, but refreshing and super drinkable. A truly enjoyable pint.

Magner's Cider (4.5 per cent ABV) is Ireland's best-selling cider and is crafted using a blend of 17 different fresh and flavourful apples to create its patent-

ed recipe. Using the unusual techniques of a secondary fermentation and blending ciders ranging in maturation from six to 24 months, this amber golden nectar displays well-rounded softness with delicious ripe apple flavours and an unparalleled depth and subtleness that is surprising and impressive.

Rekorderlig (7.0 per cent ABV) hails from Sweden and this pear-based cider is infused with wild berries to create a distinct and pleasant drink that is best enjoyed served over a glass packed with ice. Playfully pink, it has an inviting berry sweetness that catches your nose immediately. Vibrant raspberry, strawberry, pear and vanilla flavours swirl to create a taste that makes you think of the Sweet Heart Candies you enjoyed as a child so much you might find yourself looking for the words BE MINE in the bottom of the glass. Delicious.



► Bubblicity (730 Somerset St. W. or 379 Dalhousie St.) is a popular Ottawa chain of bubble tea shops. Pictured is its most popular flavour, mango with passion fruit jellies.

Chill out with a new option

Before you head out on a Slurpee run to beat the heat, try something new with a refreshing bubble tea.

There are different types of bubble tea: Iced tea is made with real brewed tea leaves (black or green); slush is made with crushed ice; latte is served warm made with milk; or

the most popular bubble sherbert is made with ice cream.

With more than 30 flavours of fruit juices to choose from — blueberry to taro to watermelon — it can be difficult to decide.

Traditionally, bubble tea is served with chewy tapioca pearls, but you can also choose jellies, which range

from passion fruit to lychee. Ask for half-jellies or tapioca if you are new to the bubble tea experience.

Not just limited to Chinatown, these cute shops have popped up downtown and are a cool alternative to your typical coffee shop date in the summer.

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If I had \$100 ... I would buy at Vintages

▶ Italy's Signature Varietals and cool-climate Chardonnays are available at your local LCBO Vintages store



SUSAN DESJARDINS
FOR METRO

Taste your way through Italy, north to south, red or white, with the July 23 LCBO Vintages feature, Signature Varietals of Italy.

It includes luscious Pinot Grigio from the north; Sangiovese, the core of Tuscany's Chianti Classico, Brunello and Vino Nobile; Nebbiolo of Barolo fame; and Primitivo from Puglia.

Lesser-known white varietals include Arneis and Greco di Tufo, and the

powerful noble red varietal of the south, Aglianico.

Cool-climate Chardonnays grace the secondary feature, including several from Ontario.

Or try one of the two rich flavourful Okanagan reds.

Selective shopping means you can enjoy six great wines for just less than \$100!

Vinea Garganega, Italy
(LCBO #230696, \$12.95)

▶ Silky and fragrant with floral notes and stone fruit — a great value.

Cantina Tollo 'Aldiano' Montepulciano d'Abruzzo 2007, Italy
(LCBO #51796, \$16.95)

▶ Full-bodied, approachable and loaded with ripe dark fruit.

Cantina di Venosa Terre di Orazio 2007, Italy
(LCBO #247494, \$17.95)

▶ A dry, full-bodied Aglianico laden with berry flavours and a whiff of vanilla.

Ridgepoint Cabernet Franc 2009, Niagara
(LCBO #245639, \$17.95)

▶ Harmonious, complex,

featuring red berries and hints of spice and toast.

Château la Grole 2009, France
(LCBO #126615, \$17.95)

▶ Biodynamic and balanced, this full-flavoured blend of Merlot and Cabernet Sauvignon is a winner!

▶ Tasty red berries and lively citrus notes — scrumptious!

Mission Hill 'Five Vineyards' Rosé 2010, B.C.
(LCBO #229716, \$15.95)

Grand Total: \$99.70

FOR MORE, SEE SAVVYCOMPANY.CA.

Taste these Seasonal Sips

Ottawa Chamberfest, July 23 to Aug. 5: Three-hundred-year-old music falls into the category of "refined" things in life that may take some getting used to before one can truly appreciate them.

Likewise, fino sherry is an acquired taste for most people (but one feels oh-so refined when drinking it).

After the concert, open a chilled bottle of **Sandeman Don Fino Sherry** (\$17.95, +223842). Pungent on the nose, tangy and alco-

holic on the palate, it is distinctive in the wine world. Make sure to have it with olives and almonds, like a true Spaniard. Available at Vintages July 23.

Civic Holiday, Aug. 1:

It's the height of barbecue season, so here is a red to match up with your holiday weekend steak.

Quail's Gate Merlot (\$24.95, +169961) hails from a winery that has been a top performer in the Okanagan Valley for many years. B.C.'s prime winemak-

ing region has a warmer climate than our closer-to-home Niagara or Prince Edward County. The grapes get a little riper, and the resulting wine is a little darker and richer.

In the Merlot, look for dark plum and other black fruit aromas and tastes, along with sweet oak. Available at Vintages July 23.

● **ALLYSON BYCRAFT IS CURRENTLY ON A VINOUS ADVENTURE AT BABCOCK WINERY IN CALIFORNIA. FOLLOW HER GOINGS-ON AT SCRATCHINGSFROM ACELLARRAT. BLOGSPOT.COM.**



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4
sports

Quoted



"I like competing in Canada, especially in Toronto. I think I won there before (in 2001), but it feels like a lifetime ago. So it's time to get back there and do it again."

SERENA WILLIAMS ON THE ROGERS CUP, WHICH BEGINS AUG. 8 IN TORONTO.

Who to watch for

► The PGA hits Vancouver this week with a field that's considered the Canadian Open's best in years ► Here's a look at some of the key players



DARRYL DYCK/THE CANADIAN PRESS

LUKE DONALD

The 33-year-old is fresh off crashing out of the British Open, failing to make the halfway cut. But he's still on top of the world, ranked No. 1 on the tour.



DARRYL DYCK/THE CANADIAN PRESS

MIKE WEIR

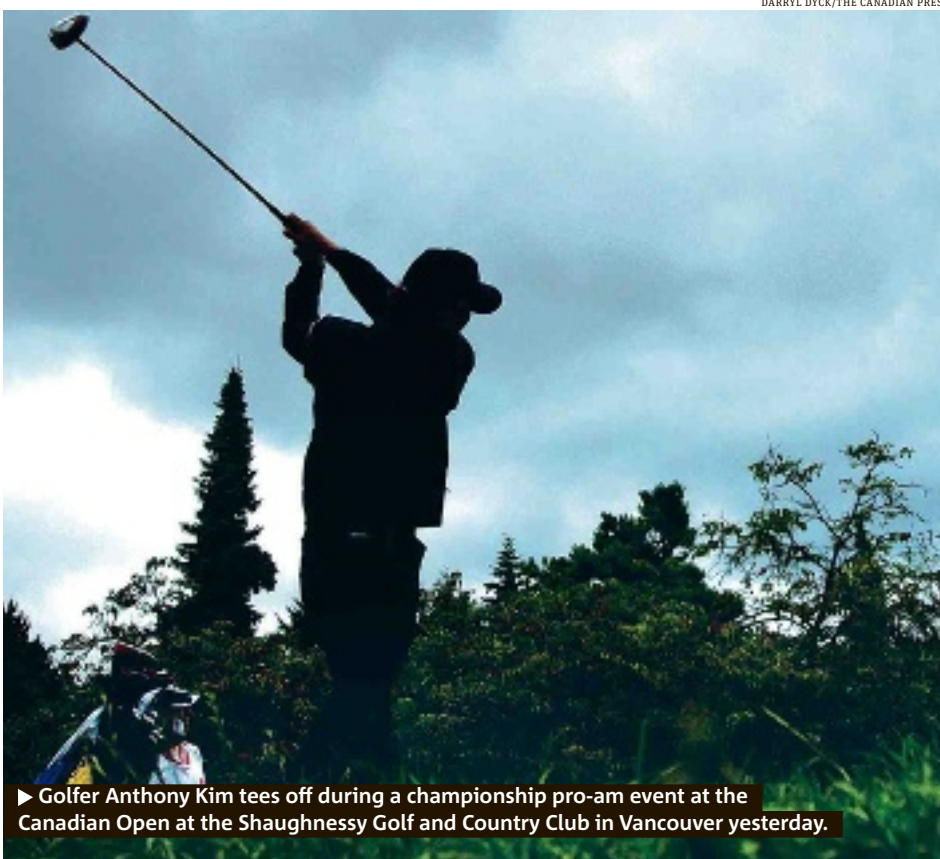
That Canada's greatest golfer has never won the Canadian Open is one of sport's great cruelties. If you're not rooting for Weir, you're a seriously cold human being.



MATT DUNHAM/THE ASSOCIATED PRESS

RICKIE FOWLER

With his bright Puma hats, shaggy hair and pretty boy look, the 22-year-old is like the Justin Bieber of professional golf.



DARRYL DYCK/THE CANADIAN PRESS

► Golfer Anthony Kim tees off during a championship pro-am event at the Canadian Open at the Shaughnessy Golf and Country Club in Vancouver yesterday.



DARRYL DYCK/THE CANADIAN PRESS

DAVID DUVAL

His flame flickered out long ago, but Duval, 39, keeps trying to find a spark. He was No. 1 in the world for 15 great weeks in 1999, and went on to win the 2001 British Open — but hasn't won since.



DARRYL DYCK/THE CANADIAN PRESS

JOHN DALY

Daly is easily the most entertaining force on the PGA Tour. From his cigars to clown pants, even if he doesn't win, Daly is a champion.



DARRYL DYCK/THE CANADIAN PRESS

JIM FURYK

The 41-year-old was the 2010 PGA Tour player of the year. And he has won the Canadian Open twice, in 2006 and '07. Expect him to vie for a third title this year.

TORSTAR NEWS SERVICE

No vote yet for NFL players: Source

A person familiar with the NFL negotiations told The Associated Press that players would not vote yesterday on a deal to end the lockout.

The person said there remained work to do to finalize an agreement between owners and players. The person spoke to the AP on condition of anonymity because the process was supposed to remain confidential.

The NFL Players Association's executive committee and representatives of all 32 teams met yesterday in Washington, but some participants left in the afternoon after reviewing portions of a tentative deal.

It's possible players will vote today.

Early yesterday, NFLPA president Kevin Mawae cautioned not to assume the lockout will be over by the weekend, saying that his group was "not tied" to a deadline for getting a deal done in the next 24 hours.

"We want to go back to work," Mawae said outside NFLPA headquarters yesterday morning, "but we will not agree to a deal unless it's the best deal for the players."

If the lockout is going to end in time to keep the pre-season completely intact, the players and owners almost certainly must ratify the deal by today.

The St. Louis Rams and Chicago Bears are scheduled to open the pre-season Aug. 7 in the Hall of Fame game.

THE ASSOCIATED PRESS

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MAJOR LEAGUE BASEBALL

AMERICAN LEAGUE

EAST DIVISION				
	W	L	Pct	GB
Boston	59	37	.615	—
New York	57	38	.600	1½
Tampa Bay	51	45	.531	8
Toronto	49	49	.500	11
Baltimore	39	56	.411	19½
CENTRAL DIVISION				
	W	L	Pct	GB
Detroit	51	45	.531	—
Cleveland	51	46	.526	½
Chicago	47	50	.485	4½
Minnesota	46	51	.474	5½
Kansas City	39	58	.402	12½
WEST DIVISION				
	W	L	Pct	GB
Texas	56	41	.577	—
Los Angeles	51	46	.526	5
Seattle	43	54	.443	13
Oakland	42	55	.433	14

Yesterday's results
Toronto 11 Seattle 6
Minnesota 7 Cleveland 5
Boston 4 Baltimore 0
N.Y. Yankees 4 Tampa Bay 0
Oakland at Detroit
Chicago White Sox at Kansas City
Texas at L.A. Angels
Tuesday's results
Toronto 6 Seattle 5 (14 inn.)
Baltimore 6 Boston 2
Tampa Bay 3 N.Y. Yankees 2
Minnesota 2 Cleveland 1
Texas 7 L.A. Angels 0
Kansas City 4 Chicago White Sox 2
Detroit 8 Oakland 3
Today's games
All times Eastern
Seattle (Fister 3-11) at **Toronto (R.Romero 7-9)**, 12:37 p.m.
Texas (C.Wilson 10-3) at L.A. Angels (Weaver 12-4), 3:35 p.m.
N.Y. Yankees (Sabathia 14-4) at Tampa Bay (Shields 8-8), 7:10 p.m.
Detroit (Verlander 12-5) at Minnesota (Pavano 6-6), 8:10 p.m.

BLUE JAYS STATISTICS									
BATTERS	AB	R	H	HR	RBI	AVG			
Bautista	307	74	102	31	66	.332			
Molina	104	13	32	2	9	.308			
Thames	124	23	38	4	15	.306			
Escobar	339	52	103	9	36	.304			
Lind	283	40	84	17	54	.297			
Encarnacion	264	32	70	6	23	.265			
Patterson	307	43	78	6	33	.254			
Snider	139	17	34	2	24	.245			
Davis	281	39	66	1	25	.235			
Hill	309	30	72	4	37	.233			
McCoy	73	9	16	1	4	.219			
McDonald	137	16	30	2	15	.219			
Arencibia	265	28	56	12	39	.211			
PITCHERS	W	L	SV	IP	SO	ERA			
McCoy	0	0	0	1.0	0	0.00			
Rzepczynski	2	2	0	39.1	33	2.75			
Janssen	3	0	1	28.2	27	2.83			
Frasor	2	1	0	40.1	35	3.12			
Romero	7	9	0	127.1	108	3.18			
Villanueva	5	2	0	84.1	60	3.31			
Dotel	2	1	1	27.0	29	3.33			
Camp	1	1	1	41.2	19	4.10			
Rauch	3	3	7	39.1	27	4.12			
Morrow	6	4	0	94.2	110	4.37			
Reyes	5	7	0	105.2	61	4.94			
Francisco	1	4	10	26.2	30	5.40			
Cecil	2	4	0	48.1	35	5.77			

Last night's game not included

NATIONAL LEAGUE

EAST DIVISION				
	W	L	Pct	GB
Philadelphia	61	36	.629	—
Atlanta	57	40	.588	4
New York	48	48	.500	12½
Washington	48	50	.490	13½
Florida	47	50	.485	14
CENTRAL DIVISION				
	W	L	Pct	GB
Pittsburgh	51	45	.531	—
Milwaukee	52	46	.531	—
St. Louis	50	46	.521	1
Cincinnati	48	50	.490	4
Chicago	39	60	.394	13½
Houston	33	65	.337	19
WEST DIVISION				
	W	L	Pct	GB
San Francisco	57	42	.576	—
Arizona	52	45	.536	4
Colorado	46	51	.474	10
Los Angeles	43	55	.439	13½
San Diego	42	55	.433	14

Yesterday's results
Cincinnati 3 Pittsburgh 1
Houston 3 Washington 2 (11 inn.)
Philadelphia 9 Chicago Cubs 1
L.A. Dodgers 1 San Francisco 0
San Diego at Florida
St. Louis at N.Y. Mets
Atlanta at Colorado
Milwaukee at Arizona
Tuesday's results
San Francisco 5 L.A. Dodgers 3
Houston 7 Washington 6
Colorado 12 Atlanta 3
Philadelphia 4 Chicago Cubs 2
San Diego 4 Florida 0
Pittsburgh 1 Cincinnati 0
N.Y. Mets 4 St. Louis 2
Milwaukee 11 Arizona 3
Today's games
All times Eastern
San Diego (Moseley 2-9) at Florida (Vazquez 6-8), 12:10 p.m.
St. Louis (Westbrook 7-4) at N.Y. Mets (Niese 9-7), 12:10 p.m.
Atlanta (Hanson 10-5) at Colorado (Chacin 8-7), 3:10 p.m.
Milwaukee (Greinke 7-3) at Arizona (I.Kennedy 10-3), 9:40 p.m.

NL LEADERS

	G	AB	R	H	Avg.
JosReyes NYM	81	355	66	126	.355
Helton Col	86	290	42	94	.324
Votto Cin	96	359	59	115	.320
Braun Mil	88	320	59	101	.316
Pence Hou	91	372	45	117	.315
Morse Wash	86	290	42	91	.314
McCann Atl	84	310	39	97	.313
Kemp LAD	97	349	58	109	.312
DanMurphy NYM	92	326	39	101	.310
Castro Chic	95	406	53	124	.305

Runs — RWeeks, Mil., 70; JosReyes, NY, 66;
CYoung, Ariz., 62; CGonzalez, Col., 61.

RBI — Fielder, Mil., 73; Howard, Phi., 73; Kemp, LA, 72; Berkman, STL, 65.

Hits — JosReyes, NY, 126; Castro, Chi., 124;
Pence, Hou., 117; Votto, Cin., 115; Bourn, Hou., 113.

Doubles — Beltran, NY, 30; Callee, Hou., 27; CY-
oung, Ariz., 26; SCastro, Chi., 25; Headley, SD, 25.

Triples — JosReyes, NY, 15; Victorino, Phi., 9;
SCastro, Chi., 8; Bourn, Hou., 7.

Home Runs — Berkman, STL, 26; Kemp, LA, 24;
Fielder, Mil., 22; Bruce, Cin., 21.

Stolen Bases — Bourn, Hou., 35; JosReyes, NY, 30;
Kemp, LA, 27; Stubbs, Cin., 23.

Saves — Kimbrel, Atl., 29; BrWilson, SF, 29; Han-
rahan, Pit., 28; LNunez, Fla., 27; HBell, SD, 27.

Yesterday's games not included

BLUE JAYS 11, MARINERS 6

Seattle	ab	r	h	bi	Toronto	ab	r	h	bi
ISuzuki rf	4	0	1	0	YEScor ss	3	0	0	1
Halmn rf	1	0	0	0	JMcDnl ss	1	0	1	1
Ryan ss	4	2	3	0	ETHms rf	5	0	1	2
Ackley 2b	4	1	2	3	Bautist dh	3	1	1	0
Smook dh	5	0	0	0	Lind 1b	4	2	2	1
AKndy 1b	5	2	2	1	McCoy 3b	0	0	0	0
Carp lf	4	0	1	0	Encmc 3b-1b	5	4	3	1
FGtrrz cf	4	0	0	0	Snider lf	4	1	2	5
Seager 3b	4	1	1	0	A.Hill 2b	3	1	0	0
J.Bard c	3	0	1	2	RDavis cf	4	1	2	0
JMolin c	4	1	2	0					
Totals	38	6	11	6	Totals	36	11	14	11
Seattle	000	200	112	—6					
Toronto	041	302	10x	—11					

LOB—Seattle 8, Toronto 10. 2B—Ryan (14), Ackley (5), J.Bard (4), E.Thames (11), Bautista (16), Encarnacion (22), R.Davis (17). HR—Ackley (4), A.Kennedy (7), Lind (18), Encarnacion (7), Snider (3). SB—Ryan (8), Encarnacion 2 (4). CS—Snider (3). SF—Snider.

IP	H	R	ER	BB	SO	
Vargas L,6-8	3	6	5	5	5	0
J.Wright	1	2	3	3	2	0
Laffey	3	6	3	3	0	2
Ray	1	0	0	0	0	1

Toronto
Morrow W,7-4
F.Francisco
Dotel
HBP—by J.Wright (A.Hill).
Umpires—Home, Lance Barrett; First, Tom Hallion; Second, Phil Cuzzi; Third, James Hoye. T—2:42. A—18,093 (49,260).

AL LEADERS

	G	AB	R	H	Avg.
AdGonzalez Bos	94	386	66	130	.337
Bautista Tor	86	307	74	102	.332
MiYoung Tex	95	377	42	121	.321
VMartinez Det	81	297	40	94	.316
Ellsbury Bos	94	385	68	121	.314
Konerko ChiW	94	344	43	108	.314
JhPeralta Det	86	310	41	97	.313
MiCabrera Det	96	329	65	102	.310
YEscobar Tor	88	339	52	103	.304
Boesch Det	88	332	59	100	.301
Runs — Granderson, NY, 84; Bautista, Toronto, 74 ; Ellsbury, Boston, 68; Kinsler, Texas, 67; Ad-Gonzalez, Boston, 66; MiCabrera, Detroit, 65; Pedroia, Boston, 63; Zobrist, Tampa Bay, 63.					
RBI — AdGonzalez, Bos., 78; Beltre, Texas, 74; Konerko, Chi., 69; Granderson, NY, 68; Youkilis, Bos., 68; Teixeira, NY, 67; Bautista, Toronto, 66 .					
Hits — AdGonzalez, Bos., 130; Ellsbury, Bos., 121; MiYoung, Texas, 121; McCabrera, KC, 120; Markakis, Baltimore, 114.					
Doubles — AdGonzalez, Bos., 29; Zobrist, TB, 28; MiYoung, Tex., 27.					
Triples — Granderson, NY, 8; AJackson, Det., 7; RDavis, Toronto, 6 ; Bourjos, LA, 6.					
Home Runs — Bautista, Toronto, 31 ; Grander-son, NY, 25; Teixeira, NY, 25; Konerko, Chi., 22.					
Stolen Bases — Gardner, NY, 29; RDavis, Toronto, 28 ; Andrus, Tex., 28; Ellsbury, Boston, 28; Crisp, Oakland, 27; ISuzuki, Seattle, 23; BUpton, Tampa Bay, 22.					
Pitching — Sabathia, NY, 14-4; Weaver, LA, 12-4; Verlander, Det., 12-5.					
Strikeouts — Verlander, Det., 153; FHernan-dez, Sea., 146; Shields, TB, 145; Sabathia, New York, 134; Price, Tampa Bay, 132; CWilson, Texas, 124; Weaver, Los Angeles, 123.					
Saves — Valverde, Det., 25; MaRivera, NY, 24; League, Sea., 23; CPerez, Cle., 22; Papelbon, Bos., 21; Walden, LA, 21; Feliz, Texas, 20.					
Yesterday's games not included					

TENNIS

ATP

BET-AT-HOME OPEN

At Hamburg, Germany
Singles — Second Round
Gael Monfilis (1), France, def. Albert Ramo, Spain, 6-4, 6-2.
Jurgen Melzer (2), Austria, def. Daniel Gi-meno-Traver, Spain, 6-3, 5-7, 6-1.
Nicolas Almagro (3), Spain, def. Lukas Rosol, Czech Republic, 6-4, 6-4.
Florian Mayer (6), Germany, def. Marsel Il-han, Turkey, 6-4, 7-6 (5).
Fernando Verdasco (8), Spain, def. Pablo An-dujar, Spain, 6-2, 6-3.
Juan Monaco, Argentina, def. Janko Tipsare-vic (9), Serbia, 6-2, 6-4.
Cedrik-Marcel Stebe, Germany, def. Nikolay Davydenko (11), Russia, 6-3, 7-6 (5).
Marin Cilic (12), Croatia, def. Bastian Knittel, Germany, 6-3, 6-7 (4), 6-4.
Radek Stepanek, Czech Republic, def. An-dreas Seppi (13), Italy, 6-1, 7-5.
Philipp Kohlschreiber, Germany, def. Albert Montanes (16), Spain, 6-1, 3-2, retired.
ATLANTA CHAMPIONSHIPS
At Norcross, Ga.
Singles — Second Round
Kevin Anderson (2), South Africa, def. Michael Russell, U.S., 6-1, 7-5.
Gilles Muller, Luxembourg, def. Robby Ginepri, U.S., 7-6 (8), 2-6, 6-2.

WTA

BAKU CUP

At Baku, Azerbaijan
Singles — Second Round
Mariya Koryttseva, Ukraine, def. Anastasiya Yakimova, Belarus, 6-2, 7-5.
Galina Voskoboeva, Kazakhstan, def. Monica Niculescu (5), Romania, 7-6 (2), 6-2.
Ksenia Pervak (7), Russia, def. Vesna Dolonts, Russia, 6-3, 6-3.
Aravane Rezaai, France, def. Elena Vesnina (3), Russia, 6-3, 1-0, retired.

CFL

EAST DIVISION									
	GP	W	L	T	PF	PA	Pt		
Montreal	3	3	0	0	109	68	6		
Winnipeg	3	2	1	0	66	53	4		
Hamilton	3	1	2	0	59	55	2		
Toronto	3	1	2	0	56	83	2		
WEST DIVISION									
Edmonton	3	3	0	0	103	55	6		
Calgary	3	2	1	0	76	75	4		
B.C.	3	0	3	0	75	97	0		
Saskatchewan	3	0	3	0	56	114	0		

WEEK FOUR
Tomorrow's game
All times Eastern
Hamilton at B.C., 10 p.m.
Saturday's games
Winnipeg at Toronto, 4 p.m.
Edmonton at Calgary, 7 p.m.
Sunday's game
Saskatchewan at Montreal, 7 p.m.

SCORING LEADERS

(x — scored two-point convert)				
TD	C	FG	S	Pt

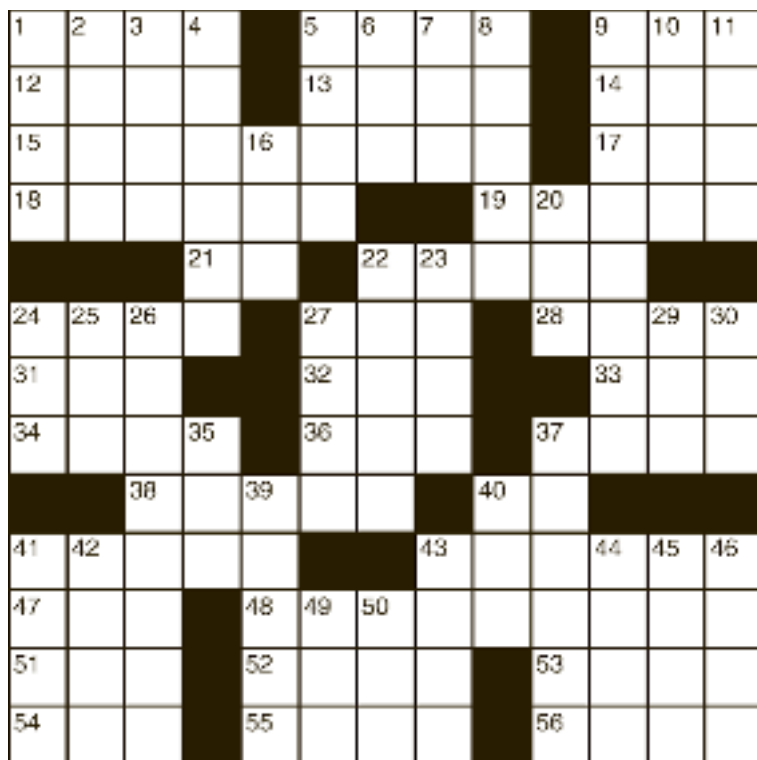
Crossword

Across

1 Macrame and origami
5 Spill the beans
9 Swine home
12 Old Italian money
13 Parks or Bonheur
14 Rage
15 "Animal House" event
17 Aviv preceder
18 Garb
19 "Monopoly" building
21 Therefore
22 "SNL" alumna Oteri
24 Bridge coup
27 Writer Buscaglia
28 Giant in a nightmare, maybe
31 Moray, for one
32 Under the weather
33 Towel designation
34 Post-bath application
36 Aviate
37 Halt
38 Wild West show
40 2009 Pixar movie
41 Backbone
43 Quiver contents
47 Funny guy
48 "Sleep well"
51 Potsdam pronoun
52 Sleeping
53 Merriment
54 Bumped into
55 Old letter opener?
56 Appear

Down

1 — Romeo
2 Urban disturbance



50 "— the ram-parts ..."

► Yesterday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ►

8	3	2	6	7	1	5	9	4
5	4	7	9	8	2	1	6	3
1	6	9	3	5	4	8	7	2
4	8	3	7	6	9	2	5	1
9	2	5	1	3	8	6	4	7
7	1	6	2	4	5	3	8	9
2	5	1	8	9	7	4	3	6
3	9	4	5	1	6	7	2	8
6	7	8	4	2	3	9	1	5

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

Marilyn Leelen

It's been a number of years now but I haven't forgotten you. I still remember when we reconnected a few years ago but you didn't get back to me in time. If you want you can still reach me. **DAVID**

To the guy with all the parking tickets, I know that you are way out of my league, but I couldn't help but notice you today. You genuinely stood out from everyone else there. :) You had an awesome smile on top of everything else. You made my day a lot brighter, it was nice talking to you. Cheers and good luck with your business. **GIRL @ CITY HALL**

Blueberry, My day becomes happy because of you. Even when the world changes, I love only you, Oh my love, my heart always beats whenever I see you. I'll cherish only you. **MUFFIN**

Today's horoscope

♈ Aries March 21-April 20

Today, you don't have to use words to get your message across — your body language will be enough.

♉ Taurus April 21-May 21 Any money worries you've had will fade today. You'll realize you were never as badly off as you feared.

♊ Gemini May 22-June 21 You will be delighted when you discover a problem that's been worrying you has an easy solution.

♋ Cancer June 22-July 22 You will be in a generous mood today and will do whatever you can to help those who've had misfortune.

♌ Leo July 23-Aug. 23 You have been operating below your best, so raise your sights and your game.

♍ Virgo Aug. 24-Sept. 22 Important people will be watching you closely today, so make sure they like what they see.

♎ Libra Sept. 23-Oct. 23 There is serious work to be done today and if you don't want to exhaust yourself you must use your Libra charm to get other people to help you.

♏ Scorpio Oct. 24-Nov. 22 As usual, you have been worrying for no good reason but your mood will take a turn for the better today.

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♐ Sagittarius Nov. 23-Dec. 21

If you feel a bit down just think back to all the good times you have enjoyed. You'll do so again.

♑ Capricorn Dec. 22-Jan. 20

Ease back and don't worry so much about schedules and deadlines. Life is fun, so why make it a chore?

♒ Aquarius Jan. 21-Feb. 18

You will enjoy being the centre of attention today — and others will enjoy what you have to offer.

♓ Pisces Feb. 19-March 20. Give family and loved ones your full and undivided attention. Business can wait until later. **SALLY BROMPTON**

Caption contest



WIN! You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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